



Post Shorts

Recycling schedule

The residential and recycling pickup schedule for Sept. 26, is paper. Put items in paper bags, boxes or bundles and place them on the curb.



OMMS is featured on the "Ace of Cakes"

"Uncle Sam Wants Duff." The Food Network episode of "Ace of Cakes" with Duff Goldman that was filmed at the Ordnance Mechanical Maintenance School (OMMS), will be televised 10 p.m., Sept. 20. Duff makes a special tank cake for a big pre-game presentation with U.S. Army Vice Chief of Staff Gen. Richard Cody and the managers of the Orioles and Washington Nationals.

Combined Federal Campaign celebration Oct. 1

The Combined Federal Campaign will kickoff with a celebration 9 a.m., Oct. 1, at the Post Theater. The CFC celebration will feature a cake cutting ceremony, a jazz performance from the 389th Army Band (AMC's Own) and donation booths.

For more information, contact Pete Leon Guerrero, CFC chairman, 410-278-1399 or the vice chairman, 410-278-5320.

APG to host Retiree Appreciation Day

Aberdeen Proving Ground will host the annual Retiree Appreciation Day activities 8 a.m. to noon at the APG North Recreation Center Oct. 20.

Scheduled speakers include Maj. Gen. Fred Robinson, commander of APG and the U.S. Army Research, Development and Engineering Command and Col. Jeffrey Weissman, APG Garrison and deputy installation commander.

The guest speaker will be James Adkins, Maryland Secretary of Veterans Affairs.

In addition, panel discussions will be held by APG activities serving the retiree community such as the Commissary, Kirk U.S. Army Health Clinic, the Directorate of Law Enforcement and Security, and others. Combat

See **SHORTS**, page 7

Issue Highlights

Page 2... Joan of Arc participates in Freedom walk
Page 3... Employee wins regional Army Lodging Award
Pages 4... Army News
Page 5... Deployment News
Page 6... Community Notes
Page 8... AAFES News
Page 9... Fall Fest celebrates APG 90th
Page 10... MWR
Page 14... Health Notes
Page 15... Aberdeen Room holds APG memorabilia

OC&S remembers 9-11 on sixth anniversary of attacks

Story by
HEATHER TASSMER
 APG News

The U.S. Army Ordnance Center and Schools honored those who lost their lives on Sept. 11, 2001, in a remembrance ceremony at the Ordnance Circle on the sixth anniversary of the terrorist attacks.

The ceremony not only recognized the employees who died in the Pentagon, World Trade Center a field in Pennsylvania and on the flights, but also the emergency responders' efforts in rescuing victims that day.

Col. Bobby Towery, commander of the 61st Ordnance Brigade and the U.S. Army Ordnance Mechanical Maintenance School, hosted the ceremony and was assisted by Regimental Command Sgt. Maj. Daniel A. Eubanks. Staff Sgt. Kathleen Bradley, an instructor with the Noncommissioned Officer Academy, was the narrator.

The 389th Army Band (AMC's Own) was also in attendance and played several pieces including the Army Strong theme and "God Bless America" in the beginning of the ceremony.

Bradley welcomed the attendees to "the nine eleven Memorial and Retreat Ceremony honoring all warriors and especially those ordnance warriors who sacrificed their lives for the freedom of others. We honor these warriors and others who have given the ultimate



Photo by SEAN KIEF, APG PHOTO STUDIO
 From left, Regimental Command Sgt. Maj. Daniel A. Eubanks and Col. Bobby Towery, commander of the 61st Ordnance Brigade, salute the "Fallen Soldier Memorial" during the U.S. Army Ordnance Center and Schools 9-11 Memorial and Retreat Ceremony on Ordnance Circle.

sacrifice and their selfless sacrifice to the United States armed services and our nation."

Chaplain (Maj.) Robert Leathers, 61st Ordnance Brigade, gave the invocation for the event.

Towery said that the ceremony was "proper in honoring

those who lost their lives on September eleven and the Global War on Terror."

"Let us remember together," Towery said.

He gave a rundown of the morning of Sept. 11, 2001, citing the exact timeline of the terrorist attacks that occurred

at the World Trade Center, the Pentagon and on Flight 93.

Towery said an "amazing fact" was that it took more than 6 years and 8 months to build the twin towers and just one hour and 42 minutes to destroy them.

Towery said another

amazing fact was that in September 2001 Americans bought 116,000 flags, showing their pride and support for the country instead of fear.

"Freedom is not free and no cowardly attack will make us yield," Towery said.

See **OC&S**, page 2

OWN THE EDGE SAFETY

Story by
YVONNE JOHNSON
 APG News

Due to a rise in accidents involving motorcycles in the past several weeks, the Aberdeen Proving Ground Safety Office is stepping up efforts to reinforce motorcycle safety guidelines.

Three Soldiers and one civilian were involved in serious accidents on and off post since July, and in one instance, an operator was not wear-

ing a helmet because it is not required in the state in which he was riding.

H. Mike Allen, occupational safety and health specialist, Directorate of Safety, Health and Environment, said the Safety Office is encouraging motorcycle operators to remember their training to avoid accidents.

Department of Defense directives requiring active duty service members to adhere to established safety guidelines,

whether on or off-duty, will be stressed.

"All the gear, all the time is the rule of thumb for active duty service members," Allen said, "regardless of state requirements where they are riding."

Refresher training courses are now being offered for any operators who feel they may need to review the rules and receive additional tips on riding their motorcycle safely.

Training will include a

review of the use and wear of proper motorcycle personal protective equipment and basic safety rules, including Department of Defense Instruction 6055.4, paragraph E3.2.7.1, which states that PPE is mandatory for all persons, military and civilian, operating or riding as a passenger on a motorcycle on DoD installations.

The regulation further states that over-the-ankle shoes, gloves, long-sleeved shirts or

jackets and long trousers are required as well as a brightly colored outer garment during the day and a reflective upper garment at night.

Helmet and eye protection requirements also will be discussed.

"We will review DoD policies and discuss the recent accidents," Allen said. "We want to remind operators that you have to assume people don't see you, stay

See **SAFETY** page 9

Former Marylander to open Montgomery Gentry concert



Photo courtesy of SHAUNNA BOLTON

Story by
YVONNE JOHNSON
 APG News

Former Maryland singer Shaunna Bolton is set to open the 2007 Army Concert Tour featuring Montgomery Gentry and special guest Joe Nichols at Shine Sports Field Sept. 29.

Tickets cost \$25 in advance, \$30 the day of the show. Gates open 6 p.m. and the show starts 7 p.m.

For tickets, visit the Morale, Welfare and Recreation Web site www.apgmwr.com; call 410-278-4907/4621/4011; TTY 410-278-4110; e-mail MWR-LeisureTravel@apg.army.mil; or call Ticketmaster at 800-551-SEAT.

The concert is lawn seating, rain or shine and no refunds.

Shaunna Bolton

Bolton lived in Baltimore for four years before moving to Nashville in 2006. She performed locally at the Main Street Tower Restaurant in Bel Air and at the Bayou Blues Café in White Marsh as well as for the Sunday in the Country concert series at Merriweather Post Pavilion in Howard County in 2004.

Currently at work on her first CD in Nashville, Bolton is a self-described "country-pop-soul" artist who writes her own music and also plays the piano and guitar.

She said that she is inspired by artists such as Bonnie Raitt and Carol King.

"Carol King is probably my favor-

ite," Bolton said. "I tend to lean on the blues-gospel side with this CD and I've come to appreciate Sheryl Crow as well."

"I've always been a singer," she said, when asked about the transition from songwriter. "But artists will always need songs and the artist side of me works hand in hand with the singer, although I've learned how to separate the two."

Bolton said that fans can expect a "grassroots blast" from her APG performance as well as from her upcoming CD, which is as yet unnamed.

"I'm looking forward to it and enjoying the process," she said. "I can't wait to perform before the [APG] Soldiers,

See **CONCERT**, page 10

Stage is set for 90th Anniversary Gala

Story by
YVONNE JOHNSON
 APG News

On behalf of APG commander Maj. Gen. Fred D. Robinson, the community is invited to join current and former Soldiers, civilians and retirees in a celebration of the past, present and future of Aberdeen Proving Ground during its 90th Anniversary Gala at Ripken Stadium Nov. 10.

The historic installation was established on the shores of the Chesapeake in 1917.

The gala will be held on the stadium's Club Level, with exhibits from APG organizations on the entrance level and club level, and an opening performance on the field at home plate and will include catered food such as crab balls, peppered loin of beef, citrus marinated turkey and a pasta station. Dance music will be provided by the Blue Moon Big Band as well as the 389th Army Band (AMC's Own), which will close the evening with a narrated performance of "Music Through the Ages."

Entertainment will include a "Dancing With the Stars" type exhibition by Dance With Friends Studio instructors from Joppa; a drill team demonstration by the Freestate Challenge Academy; and the reading of an original poem

hailing the proving ground's storied past by retired APG employee Aldona Pryce.

Guests can reminisce with old friends while touring the more than 16 exhibits by APG organizations and historians detailing everything from the history of Army computing and the world famous ENIAC by the U.S. Army Research Laboratory to the wartime mission of the Edgewood Chemical Biological Center, which is also celebrating its 90-year history.

In addition, Bill Bates, the author of "Images of America: Aberdeen Proving Ground," a photo-history of APG with more than 200 vintage photographs, will be signing his book for collectors. The foreword of the book was written by former APG commander retired Maj. Gen. John C. Doesburg.

To purchase tickets, call 410-278-4603. After Sept. 21, tickets cost \$50. For more information call 410-278-1150.

Out of town guests can call Morale, Welfare and Recreation to make arrangements for lodging in close proximity to the stadium, 410-278-4907.

Ripken Stadium is a handicap-accessible facility.

Fall Fest coming Oct. 13



Photo by DOUG FARRINGTON
 Cody Smith, 6, son of Assistant Chief APG Fire Department Dave Smith, drags a fellow firefighter to safety during the Firefighter Combat Challenge in 2006. (See article on page 9.)

APG Remembers 9-11



Members of the Joint Personal Effects Depot, from left, Lt. Col. Louis Kilmon, commander, Capt. Jennifer Roberts, Maj. Kelly Kyburz, 1st Lt. Robin Eskelson, Master Sgt. Gene Venham, Sgt. 1st Class Freddie Acevedo and Marine Gunnery Sgt. Robert Kane applaud the patriotic uniforms of St. Joan of Arc School 6th graders, from left, Martine Ianniello, Katherine Flanigan and Bethany Boniface during the schools' Freedom Walk observance Sept. 11.

Aberdeen school celebrates second annual Freedom Walk

Story and photo by
YVONNE JOHNSON
APG News

A rainy day did not dampen the spirit of the participants or the celebration that marked the second observance of the America Supports You Freedom Walk by St. Joan of Arc School in Aberdeen Sept. 11.

Red, white and blue were the predominant colors worn by students, staff members and administrators who gathered in the school's chapel. The entire student body walked to Aberdeen's Festival Park last year but an intermittent rain drove the observance indoors this year.

Kathy Ruth, assistant principal, hosted the celebration in place of principal Dr. Jane Towery who was unable to attend.

Members of the Joint Personnel Effects Depot, led by Lt. Col. Louis S. Kilmon, commander, joined the school's students, applauding the red, white and blue decorations added to their uniforms as they marched to the school's auditorium. The JPED supports the school through the partnership agreement that links several Aberdeen Proving Ground orga-

nizations with local schools.

"The partnership has been beneficial for all of us," said 1st Lt. Robin Eskelson, JPED operations officer in charge. She said the students have delivered baskets of food to JPED service members and decorated the building on the Fourth of July.

"We're happy to be included," added Maj. Kelly Kyburz, JPED executive officer. "This is our partnership in action."

Guests included retired Lt. Col. Arthur W. Garrett, a military operations analyst with the U.S. Army Materiel Systems Analysis Activity, and retired Maj. Arif R. Zaky, a military operations analyst also with AMSAA, as well as Aberdeen Mayor Fred Simmons.

Calling himself and Zaky patriots, Garrett talked about patriotism and the Pledge of Allegiance.

"Being a patriot means we love and support our country, its values and its laws," he said. "Your job is to understand and live it as you grow up because you have the awesome responsibility of keeping this nation going."

He reviewed each line of the pledge, commenting that

the "most important part," was the phrase, "liberty and justice for all."

"If we fail in that, we fail overall," Garrett said. "Inequality of justice and lack of personal freedom destroys the very fabric that holds this nation together and we must never forget this."

He asked listeners to remember service members and their Families and closed reciting the Soldier Creed.

"It was an honor for me to be here today," he said.

Simmons talked about public service, commenting that members of the Aberdeen Police Department, like the military, "put themselves in harms way to keep us safe."

"You can do public service in a lot of ways, and it's great that St. Joan of Arc and Aberdeen Proving Ground remember public servants on nine-eleven," Simmons said.

America Supports You is a Department of Defense outreach program that showcases support of the men and women of the armed forces and communicates that support to those serving at home and abroad.

This year, the school honored those in public service, the armed forces, law enforcement, firefighters and medical personnel.

"The military is very important to us because so many of our parents work on post," Ruth said. She said that the school focuses on public service projects along with their partnership with the JPED.

"I want to thank the JPED Soldiers for taking time out of their day to join us," Ruth said, adding that principal Towery and she plan to make the Freedom Walk an annual event for the school.

"It's near and dear to our hearts," she said.

The program included the singing of patriotic songs by students in grades 1 thru 5 and essay readings by Quasay Multani, grade 6; Brianna Glase, grade 7; and Samantha Biondo, grade 8.

Father Samuel Young, St. Joan of Arc parish, offered the opening and closing prayer and 6th grade teacher Heather Flosser led the singing of the national anthem.

The first America Supports You Freedom Walk was held in 2005 in Washington, D.C. It brought together more than 15,000 walkers including Family members of the victims of the Sept. 11 terrorist attacks, members of Congress, federal employees, civic organizations and private citizens from across the nation.

Garrison remembers 9-11 with tree planting ceremony

Story by
HEATHER TASSMER
APG News

Employees of the Aberdeen Proving Ground Garrison took time out of their day to remember Sept. 11, 2001, with a tree planting ceremony at building 4305 on the sixth anniversary of the terrorist attacks.

The tree planting idea was the brainchild of Judith Wettig, chief, Plans, Analysis Integration Office.

"I wanted to do something here that will serve as a memorial to those who lost their lives on nine eleven," Wettig said. "I normally observe the day by planting a tree in my own yard. This year I thought that it would be a good idea to share the observance with my co-workers. It wasn't a grand ceremony, actually last minute, but it was very meaningful."

She said she "sincerely appreciates the efforts by the DIO [Directorate of Installation Operations] with planting the tree and the APG Fire Department for raising the flag."

In addition to the APG police and other civilian employees, Col. Jeffrey Weissman, APG Garrison and deputy installation commander, and several military employees attended the informal ceremony to remember those who died

in the Sept. 11, 2001, attacks.

"We all said the Pledge of Allegiance together and for a moment, we were all united by the memories," Wettig said.

Janet Dettweiler, director of Human Resources/APG installation Adjutant General, read a poem, "Nation of Survivors" by Jack Foshee Jr.

"I was deeply touched to be asked to read this poem," Dettweiler said. "The words have so much meaning that we as a nation are truly of 'one heart, one soul, one voice.' Being a part of this ceremony made me proud to be an American. The rain did not dampen the spirits of those gathered together. I will never forget the tragedy of September eleventh."

Several attendees expressed appreciation for the ceremony.

"Planting a tree is a perfect way to symbolize the patriotism that we all feel and it will serve as a lasting remembrance," said Carol Stewart, Base Realignment and Closure Transformation Office.

Katie Hall, also of the BRAC Transformation office added, "Although we are past the shocking moments of nine eleven, we will never forget the horrific actions that day. I appreciated the opportunity to observe a moment of silence and remember."

Nation Of Survivors

*In the bright September morning without warning to us all
A few thousand lives were shattered and we watched two buildings fall
And a billion souls felt empty, and the flags at half-mast fly
In the memory of the innocent which didn't have to die*

*We've lost brothers, sisters, cousins. We've lost family and friends
But we've made the choice not to forget their lives and tragic ends
Though we've had our share of troubles we have put them all aside
As a nation grieves we find ourselves defending them with pride*

*We're a nation of survivors, with one heart we share a tear
But we live to serve the memory, not giving in to fear.
Though they try to take security with the things they've done and said
All their acts of inhumanity bring unity instead.
So we stand here as a family. One heart, one soul, one voice.
We are challenged by this moment, and united here by choice.*

--Jack Foshee Jr., Sept 12, 2001.

ptyrtl@yahoo.com

(Author's note: Feel free to reprint and redistribute in unedited form to anyone needing comfort or inspiration.)

OC&S

From front page

He said that the law enforcement employees, fire fighters, other emergency responders and Department of the Army civilians who died on Sept. 11 should also be remembered.

Towery concluded his speech with "May God bless America and we remain America Strong."

One of the ceremony's highlights was a roll call of fallen ordnance warriors from the GWOT. Command Sgts. Maj. Eric Williams, 61st Ordnance Brigade; William Hart, 16th Ordnance Battalion; Luis Rivera, 143rd Ordnance Battalion; Gunnery Sgt. Michael Peavey, U.S. Marine Corps; and Tech Sgt. William Ingram, U.S. Air Force, read the roll call.

When each name was called, a Soldier, Marine and Airman solemnly walked up to the "Fallen Soldier Memorial," the symbol of a fallen comrade-a helmet, weapon and pair of boots, placed the set of identification tags on the memorial, gave a slow salute and marched to join their comrades in formation.

Next to the "Fallen Warrior Memorial" was a plaque that held identification tags of fallen ordnance warriors since the attacks on Sept. 11, 2001.

Russell Johnstone of Clayton, Del., played "Amazing Grace" on the bagpipes, adding to the somber tribute.

Towery and Eubanks placed a wreath on the Sept. 11 memorial to end the salute to fallen ordnance warriors.

The OC&S Firing Team conducted a 21-gun salute while the bugler played "Taps" and the OC&S Color Guard retired the colors.

A joint flag detail that included Soldiers, Airmen, Marines, a police officer, a firefighter, and a DoD civilian dressed in desert uniform,



Photo by SEAN KIEF, APG PHOTO STUDIO
Identification tags of fallen ordnance warriors hang on the "Fallen Soldier Memorial" which consists of a weapon, a pair of boots and a helmet.

marched onto the field, lowered and folded the American flag.

Eubanks said that it is important to honor law enforcement officials and emergency responders because Sept. 11 "impacted everyone."

"Policeman and fireman were very crucial on September eleven," he said.

The band concluded the ceremony with "God Bless America."

One of the attendees said he appreciated the ceremony.

"I thought it was very moving and professionally done," said Gary Neuser, director of OC&S' Tactical Support Equipment Department.

Aberdeen Proving Ground

90th Anniversary Gala

November 10, 2007

Ripken Stadium

Club Level

7-11 p.m.

open to the public

Music, Food, Entertainment

Advanced tickets on sale from Aug 21 - Sep 30

Advanced tickets are \$45

Regular tickets are \$50

Call 410-278-4603 for more information.

APGFCU

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JOHNS HOPKINS

No endorsement by US Army implied.

To purchase tickets for the APG 90th Anniversary Gala

7 to 11 p.m., Nov. 10 at Ripken Stadium

Name _____

Address _____

Telephone _____ Credit card number _____

Expiration Date _____ Signature _____

☐ Pay by check. Make payable to Civilian Welfare Fund.

Mail to the Civilian Welfare Fund, ATTN: Angela Keithley, Building 2727, Aberdeen Proving Ground, MD 21005-5001, or call 410-278-4603.

APG News

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APG worker earns regional IMCOM Army Lodging Employee of the Year award



Lisa Ryan takes a phone call at Swan Creek Inn. Ryan was named Army Lodging Employee of the Year for the Northeast Region of the Installation Management Command.

Story and photo by
HEATHER TASSMER
APG News

An Aberdeen Proving Ground employee has been recognized as the Army Lodging Employee of the Year for the Installation Management Command’s Northeast Region.

Lisa Ryan, an accounting technician for Swan Creek Inn, was recognized at the annual Army Lodging Training Conference in Orlando, Fla., in August.

Ryan stayed in the Shades of Green hotel on Walt Disney World Resort with her husband, Mike, and said when they were not attending the conference they visited the theme parks at Disney World.

Ryan, a resident of Havre de Grace, said she has been working at Swan Creek for seven

years and does a variety of jobs including completing paperwork, billing under the Military Training Service Support program, creating the monthly employee newsletter, “Cove to Cove News,” and helping customers at the front desk with credit card payments.

She said she was surprised when she found out that Richard McClain, general manager of Swan Creek, nominated her for Employee of the Year.

“I think I’m just like anyone else here,” Ryan said. “I do what needs to be done.”

She said that the award is one of several accomplishments. She said she has won Employee of the Year before when the Swan Creek staff used to give out their own awards to employees.

She also graduated this

past spring from Harford Community College with an associate’s degree in business management.

Ryan said she is taking classes through a Penn State Army Lodging Hospitality Management program and she has six classes left before she graduates.

She said she likes working at Swan Creek because of the office atmosphere.

“I like all of my office furniture, my printer and other necessities,” she said, adding that not all offices are lucky enough to get modern equipment.

Ryan said that she enjoys working with all of her co-workers.

“We’re all like a Family,” she said. “We work together to get things done. I don’t have a conflict with anyone.”

Ryan also said she likes working at Swan Creek because “Army Lodging gives back to the employees and continually supports them and their accomplishments.”

She thanked McClain for nominating her for the award and Teresa Nemeth, assistant general manager, for her guidance.

“Without them I know I wouldn’t be where I am today,” Ryan said.

She also thanked her husband, sister and parents for their support throughout the years and Sarah Andersen, who helped her to get the *APG News* interview.

Richard McClain, general manager of Swan Creek, discussed why he nominated Ryan for the award.

McClain said criteria for nominations were “identifying employees who exemplified excellent customer service skills, demonstrated competence and performance in their area of expertise and strive to better themselves through education.”

He said that nominees must also be active in the community.

McClain described Ryan as “an overachiever” who is “very

conscientious” about her work.

“Lisa is very very professional and very knowledgeable about her job,” he said. “She likes challenges.”

He said that “Army Lodging is very good at investing in employees we have here” and the younger “employees are the future” whether Army Lodging stays part of the government or becomes privatized.

He said Army Lodging employees have the “opportunity to progress within” the company.

“Army Lodging does very well,” McClain said. “We grow our own.”

Nemeth, also showed appreciation for Ryan’s work and described Ryan as a “goal-oriented worker.”

“She’s very task-oriented and very organized,” Nemeth said. “Lisa is a good example of what a young person should be like. She has learned a lot and takes initiative.”

Nemeth said a lot of the Swan Creek employees “do a fine job” and the Army Lodging award ceremony is a great opportunity to recognize them.

Ryan said last year she was guide for ghost tours in Havre de Grace and has just been hired again for tours this year.

“It’s a tour that takes you through downtown Havre de Grace and you learn about the history and the ghostly encounters many of the residents have had,” she said. “The tour guides dress up in Victorian clothes and carry a lantern. It’s a lot of fun and I enjoy talking to people. I also have five generations of Family who have lived in Havre de Grace.”

The walking tours are every Friday and Saturday night in October and the first Friday and Saturday in November at 7 and 8:30 p.m.

For more information contact Havre de Grace Main Street, 410-939-1811, or hdg-mainstreet@verizon.net.



Army News

Combat Lifesafer Course trains Soldiers to save lives on battlefield

Story by
PFC. APRIL CAMPBELL
Army News Service

When Soldiers are wounded in combat, the most immediate medical care available generally is given by other Soldiers on the battlefield, most of whom are not combat medics.

Many Soldiers training at Camp Atterbury, Ind., are taking the combat lifesaver course offered by the 205th Infantry Brigade to prepare them for such situations.

“I’m helping a Soldier save a life,” said Sgt. Stacey N. Edwards, a combat lifesaver instructor with the 205th Infantry Brigade. “In Iraq and Afghanistan, nine out of ten times, a combat lifesaver will be able to treat a wounded Soldier before a medic will. Skills we are teaching them here save lives over there.”

The Army requires 20 percent of personnel in each unit to be combat lifesaver certified, said Sgt. Clint Higgins, another instructor.

The four-day course involves 40 hours of training from Soldiers who are combat medics. Eight hours of the course are taught in the warrior training course at Forward Operating Base Bayonet, said Sgt. Chris W. Rhea, an instructor.

The three main areas of preventable combat deaths addressed in the course are bleeding out, lung collapse and airway blockage. Nearly 90 percent of combat deaths are due to these types of wounds, said instructor Sgt. Anthony Bussing.

If the combat lifesaver-certified Soldiers can initially treat these wounds, it helps medics save more lives on the battlefield by enabling wounded Soldiers to stay alive until medics can treat them. The combat lifesaver course teaches Soldiers these skills, but also adds the stresses of a combat environment into the training, Bussing added.

In the final exercise of the course, Soldiers break into teams and practice their skills on each other in a simulated combat environment. Soldiers must wear their body armor, and those Soldiers who are mobilizing must also carry weapons.

In addition to the body armor and weapons, the exercise also incorporates old uniforms for “casualties” to wear to make the training as realistic as possible.

“We’ve been donated old uniforms,” Sgt. Rhea said. “It adds to the realism, because the students have to expose the simulated wound by cutting through the clothing.”

After completing the course, Soldiers become more confident in their ability to keep their fellow Soldiers alive if they are hurt on the battlefield.

“If I have to perform the CLS tasks, I know what needs to be done,” said Staff Sgt. Gregory Dumas Jr., a human resources specialist with 2nd Battalion, 337th Infantry Regiment (Training Support Battalion), 205th Infantry Brigade. “I won’t be so nervous, because the hands-on training was very realistic.”

During the final exercise, students also practice inserting intravenous lines into each other to get hands-on experience.

“I know that I have seen improvement in my ability to initialize an IV since ... we practiced it in the classroom,” Dumas said.

(Editor’s note: Pfc. April Campbell serves with the 113th Mobile Public Affairs Detachment.)



Photo by PVT. KIRBY RIDER

Soldiers from the 175th Infantry Regiment train for an upcoming deployment at Fort Dix, N.J., July 12. A presidential order authorized the Army to call on individual ready reservists to fill jobs like those at Fort Dix and other mobilization centers left vacant by Soldiers deploying into operational theaters. Though the assignments were expected to be short term, many Soldiers have served on assignments requiring them to extend in TCS status for years.

Army puts ‘Temporary’ back in TCS orders

Army News Service

The Army is putting the “temporary” back into temporary change of station orders that authorize and fund assignments for Soldiers in contingency support positions that are not in a combat zone.

As of Aug. 15, TCS orders will be issued only for assignments of 180 days or less, unless a waiver is granted. Additionally, Soldiers will not be approved for two sets of 180-day orders within the same 365-day period. The changes are intended to ensure Soldiers and Families have predictable, reasonable service requirements.

“The 16,000 Soldiers currently on TCS orders and their Families deserve a process that makes sense, is predictable, and honors their willingness and commitment to sacrifice and serve,” said Ronald J. James, assistant secretary of the Army for Manpower and Reserve Affairs.

A presidential order dated Sept. 14, 2001, authorized the Army to call on individual ready reservists to fill jobs left vacant by Soldiers deploying into operational theaters. The positions included such missions as staffing operations centers, training Soldiers at mobilization centers and guarding sensitive areas. Though the assignments were expected to be short term, many Soldiers have served on assignments requiring them to extend in TCS status for years.

Being on TCS or Temporary Duty Station orders entitles Soldiers to lodging and per diem reimbursements, in addition to their normal housing allowance. Putting Soldiers on tempo-

rary duty of 180 days or less on TCS orders is normal Army procedure because they are essentially maintaining a home away from home and entitled to reimbursement.

The changes ensure the TCS program will remain an appropriate and important vehicle for emerging temporary requirements, and the administrative changes will make the program more manageable and efficient, saving dollars for the war effort.

Col. Richard Shrank, commander of U.S. Army Finance Command, said the Army will tap into the Installation Management Command’s resources to enhance the TCS process.

“As Soldiers come into a TDY status we’re specifically going to be directing them to Installation Management Command to look for government housing solutions,” Shrank said. “We’re going to be pushing that as one of the cost-control savings.”

IMCOM will provide oversight for the redefined TCS policy. IMCOM will use the Defense Travel System to process orders, manage travel funds, and arrange lodging and meals. It will also maintain an inventory of installation and contract lodging solutions for Soldiers in TCS status, and will be the approving authority for any use of economy per diem lodging.

With IMCOM providing oversight, the revised program will benefit the Army and Soldiers, said Laura Avery, chief of Budget Execution, IMCOM headquarters.

“In the end it’s going to be a lot more cost effective for the government and a more efficient process for the Soldier,” she said

Captains now eligible for \$25K retention bonus

Story by
LT. COL. MAURA GILLEN
Army News Service

A critical skills-retention bonus of \$25,000 or more is available to more than 16,000 regular-Army captains who agree to remain on active duty beyond their initial active-duty service obligations.

The bonus is part of a “menu of incentives” targeting officers willing to remain on active duty an additional three years. The other incentives include graduate school, military schooling, branch or functional area transfer, or post of choice.

“The incentives are aimed at retaining the incredible experience resident in the Army’s company-grade officers. This program recognizes how important their skills are as the Army strives to fill increased requirements in key grades and branches,” said Col. Paul Aswell, officer division chief in the Directorate of Military Personnel Management, Army G1. Requirements for captains and majors have increased by nearly 6,000 since 2004, but the officer shortage is not

the result of higher attrition, according to Aswell. In fact, company-grade officer retention now is at virtually the same level it was before Sept. 11, 2001.

He explained that the Army is growing to increase capabilities and reduce long-term stress, and needs more mid-grade officers.

“It takes the Army ten years to ‘grow’ a major,” Aswell said. “To ‘grow’ the active officer force, we must keep officers who in the past have left active service.”

An earlier version of the plan unveiled in May was reviewed by senior leaders. The final plan increases the number of officers eligible for the bonus (up from 7,000), and includes a higher basic bonus (up from \$20,000) and targeted higher amounts for officers in critical branches.

The bonus is available to captains with dates of rank of April 1, 2002 or later, based on the original accession branches listed below.

- The basic \$25,000 bonus is available to officers who were originally commissioned in air

defense, engineer, finance, signal, quartermaster, nurse corps and select medical service medical functional areas.

- Officers commissioned in adjutant general, armor, chemical, military police and ordnance are eligible for a \$30,000 critical skills-retention bonus.

- Officers commissioned in aviation, transportation, infantry, field artillery, and military intelligence are eligible for a \$35,000 CSRB.

Aswell said he is confident that the new incentives will increase active-duty, company-grade officer-retention rates to historic levels.

“We’ve done a number of studies, including a very specific study on the value of a bonus to active-duty officers,” he said. “We’re confident that the incentives we’re offering will make a difference to those junior officers we really want to keep on active duty.”

More information on CSRB is available in Military Personnel message 07-237, here.

(Editor’s note: Lt. Col. Maureen Gillen works for the Army Human Resources Command.)



Deployment News

BAMC steps up care for Warriors in transition, Families

Story by
ELAINE WILSON
Army News Service

Since June, Brooke Army Medical Center has implemented a series of sweeping changes designed to improve the quality of care for Soldiers in transition and their Families.

The changes are driven by the Army Medical Action Plan, an Army initiative designed to eliminate bureaucratic roadblocks for transitioning Soldiers so they can focus on recovery and have a smooth transition back to military duty or civilian life.

The first and perhaps most dramatic change is the formation of a ‘Warrior in Transition’ Battalion. The battalion, which stood up June 15, replaces the former active-duty Medical Hold and Reserve Medical Holdover companies. Reserve and active-duty Soldiers in transition are now combined in three companies under the battalion.

All battalion Soldiers are in a transitional status, meaning they are wounded or ill and undergoing treatment at BAMC.

“We’re all one team so it makes sense to keep everyone under the same umbrella,” said Master Sgt. Scott Waters, senior operations NCO, Warrior in Transition Battalion.

The Reserve and active-duty Soldiers were separated in the past to ensure familiarity with administrative processes, which differ for each component; however, “AMAP gives us the resources we need to accommodate all Soldiers without differentiation,” Waters said. “We now have

the extra help we need to successfully manage and track our Warriors in Transition without separation.”

Since AMAP, the ratio of Soldier to platoon sergeant has reduced dramatically. Whereas before there were 50 Soldiers to each platoon sergeant and no squad leaders at BAMC, there are now 12 Soldiers per squad leader and about 30 Soldiers per platoon sergeant.

‘Triad of Care’

But with myriad issues, ranging from severe injuries to Family problems, there’s “a lot to be done even with that ratio,” Waters said. To ensure Soldiers in transition have top-notch care, the Army created the “Triad of Care” concept, which is an integral part of the battalion.

Each triad comprises a case manager, primary care manager and squad leader or platoon sergeant. Each Soldier in transition is assigned to a triad, which ensures consistency and continuity of care for the Soldiers and their Families.

“It eases the process for both the Soldiers and the health care providers,” said Lt. Col. Donna Rojas, chief of case Management. “There’s no confusion about who to call when there’s a question or concern. The providers know exactly which squad leader to call and vice versa. And, the Soldier knows exactly who to contact as well.”

Case managers

Lt. Col. Rojas provides oversight for the case managers, who serve as a pivot point for the triad. Responsible for just about every aspect of a patient’s health care plan,

case managers ensure Soldiers attend appointments, understand their treatment plan and are on hand to aid with everything from housing issues to Family dilemmas.

Case managers meet with each Soldier weekly and then touch base with the Soldier’s platoon sergeant or squad leader and PCM to ensure the Soldier’s recovery is progressing smoothly.

“Successful treatment takes a lot of collaboration,” said Lt. Col. Mary Burns, chief of Medical Management. “Case managers, PCMs and squad leaders are all looking out for the best interests of the Soldiers; the key is to meet regularly and catch issues early.”

Prior to AMAP, each case manager had about 35 Soldiers assigned. But thanks to an influx of resources, there are now 10 case managers assigned to each company, and the ratio has reduced to about 18 Soldiers per case manager.

Primary care managers

PCMs also have reorganized to provide better continuity of care. Pre-AMAP, several PCMs were unofficially designated for Soldiers, but didn’t have a space dedicated for care and their time was divided with regular patients. BAMC now has officially assigned three health care providers and a designated area of the Family Medicine Clinic to better serve wounded and ill service members. Additionally, the ratio of patients to PCM has dropped from 1,200 to 1 to 200 to 1. The reduction in patient load allows PCMs to spend more time with each service member, increasing from 20

minutes to upwards of over an hour.

“A PCM meets with every Warrior in Transition within 24 hours of arrival and conducts a head-to-toe evaluation,” said Dr. Sara Pastoor, chief of Primary Care. “We assess every aspect of the patient’s health care needs, including any specialty care that may be needed as well as preventive health care, such as tobacco cessation.

“I’m overwhelmingly impressed with and proud of everyone providing Warrior in Transition services at BAMC,” Pastoor added. “It can be emotionally draining to provide the amount and type of health care needs involved, but it is a privilege to be exposed to the sacrifices and heroism. It’s a challenging job for the PCMs because it takes, not just a thorough knowledge of medicine, but also a thorough administrative knowledge of the system.”

Squad leaders/platoon sergeants

The last branch of the triad, the squad leaders and platoon sergeants, serve as the “enlisted NCO boots on the ground,” Waters said. “We are there one hundred percent for the Soldiers and their Families from the time we’re notified a Soldier is coming.”

Squad leaders take care of everything from picking up the Soldier or Family Members at the airport or emergency room to transporting them to medical appointments, “everything that doesn’t involve medical care,” Waters said.

The process starts as soon as the battalion is informed a service member is incoming or

checking out of the hospital.

“We help the Soldiers get situated and then the next morning, we pick them up, introduce them to the case manager and start in-processing,” said Waters, adding that the U.S. Army Garrison Fort Sam Houston (Texas) also provides ongoing support with transportation as well as barracks maintenance and upgrades to accommodate varying physical needs.

The NCOs work closely with the case managers to ensure an open flow of communication.

“We overlap in a lot of areas,” Waters said. “Sometimes the Soldier feels more comfortable talking with a case manager or vice versa. We keep each other in the loop to ensure all needs are being met.”

The help is ongoing as the squad leaders stay abreast of developments that may hinder

care, such as Family problems back home or a pattern of missed medical appointments.

“Most Warriors in Transition are on some type of medication and may forget an appointment,” Waters said. “They may just need a simple reminder and we’re here to do that.”

As the war continues, each branch of the triad will continually seek ways to improve processes and programs to ensure Soldiers receive the best care possible, said Col. Barry Sheridan, chief of Warrior in Transition Services. “BAMC has always cared about its Warriors in Transition. But now, AMAP is giving us the resources we need to do what we do even better.”

(Editor’s note: Elaine Wilson writes for the Fort Sam Houston Public Information Office.)

Commentary: Spouses need battle buddies too

Story by
CHELSEA ILIFF
Army News Service

Alone in a foreign country, in a new apartment, with no vehicle and no household goods, I was forced to make friends when my husband deployed to Iraq for the first time in October 2003.

We were stationed in Germany and he had been there a month before I was allowed to come. He deployed a little over 48 hours after I arrived and I didn’t see my husband again for ten months.

I believe good friends are critical in sustaining throughout a deployment. Just like our Soldiers, these friends become our battle buddies, our confidantes, our Family.

While one can tell you where you’ll find your closest friends or how to build your spouse network, it doesn’t hurt to have a cookout with neighbors, attend Family Readiness Group meetings, have coffee with co-workers or volunteer for a local organization.

A battle buddy is someone who truly experiences the difficulties of a deployment with you. This could be a Family member or an old friend, but I’ve found the best battle buddies are other spouses who live through the pain of war and

separation alongside you.

I met my battle buddy while working for the Education Center on post. We conducted briefings back to back for weeks and finally met for coffee. Our husbands were friends and roommates in Iraq and this allowed us to experience the separation as a collective team.

Here are a few ways you and your battle buddies can get through a deployment together:

- Get out and travel. If you have [children], take them along. Because we were in Europe, my girlfriends and I experienced Christmas markets in Germany, pottery shopping in Poland, theatre-hopping in London and road-tripping through France and Switzerland. We had equal amounts of fun traveling in and around our small community. We went to the market and museums and theatres. There’s a lot to do right around your doorstep.
- Volunteer for the local community club or other organizations. [Fort Huachuca, Ariz.] Community Spouses Clubs host monthly luncheons and other fun events and is open to everyone in the community. You’ll discover that this is a great way to build your spouse network.

- Grab a few friends and start a dinner group. Rotate hosting duties and enjoy weekly or monthly meetings. After dinner, let each person talk uninterrupted for fifteen minutes. I got this idea when I attended the American Women’s Activities in Germany annual conference in 2006. It’s a very basic idea, but it allows you to share your feelings with your friends and in turn, become a better listener.

- Exercise together. I’m not one who loves to hit the gym, but I do enjoy going for walks. Play tennis, play basketball, be creative. My battle buddy and I used to walk from our apartment downtown. We do a little shopping in the market and have breakfast. It was a great way to spend a day.
- Start a poker or bunco group. Again, rotate houses and refreshments and get together for some fun. You will be surprised at how other spouses will jump at the opportunity to be involved with a group.

You don’t need to do anything fancy or expensive to build your spouse network. Sometimes watching American Idol together or going to the movies may be all you and your battle buddy need to help each other through these long

separations.

Find yourself a battle buddy and find yourself a friend for life.

Complimentary vacations available for troops

Operation Open Arms

Based in southwest Florida, Operation Open Arms, a network of businesses and community organizations, work together to offer complimentary vacation services and experiences including lodging, golf, dining at fine restaurants, fishing charters, sailing trips, and more to active duty military personnel on temporary leave from a foreign duty station.

The OOA goal is to make a difference in the lives of troops and their Families through tangible acts of kindness.

“Our mission,” said Capt. John ‘Giddyup’ Bunch, an OOA volunteer founder and a professional fishing guide, “is to provide every possible benefit through a variety of sponsors before our service men and women have to return to Iraq, Afghanistan or other foreign duty stations.”

For active duty personnel seeking a retreat or vacation, OOA offers services free of charge via community contributors in Lee and Collier counties.

Started in 2005, OOA is not an entitlement

program and is self-administering. OOA volunteers work solely to find contributors to provide benefits free of charge.

Military personnel or their Family members, after viewing the list of contributors and services on the OOA Web site, are personally responsible for contacting and making all hotel, fishing and other reservations. All offers are subject to availability.

OOA does not accept cash contributions, has no religious affiliations and is non-partisan.

Complimentary services are available only to active duty military:

- On temporary combat leave with orders to return to combat;
- Serving in a foreign duty station and on two weeks of leave;
- Or returning to a combat zone without being offered a combat leave, such as with the U.S. Marines.

Military I.D., a leave form and official orders are required.

For more information or to view complimentary services, visit Web site **www.OperationOpenArms.com**.

Community Notes

SATURDAY

**SEPTEMBER 22
PRAYER BREAKFAST**

The Men of St. James A.M.E. Church, located on 617 Green Street, Havre de Grace, will host a Prayer Breakfast, 9 a.m. The Rev. Jeremiah G. Williams, Metropolitan United Methodist Church, Baltimore, will be the guest speaker. This event will benefit the Church's Annual Men's

Day Program scheduled for Sept. 23. For more information, call 410-939-2267.

**OLD FASHIONED
FISHING**

Try fishing in a variety of ways. Participants will use their minds, then a net and finally homemade fishing rods. Bring a water bottle and water shoes or boots. For ages six through adult,

with ages six through 10 accompanied by an adult. Registration is required. Cost is \$5 per child.

For more information, to register or for directions, call the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

BASKET BINGO

The Ladies Auxiliary of VFW Post 8155, located on Route 222, Port Deposit, will sponsor a Family Assistance Ben-

efit Drive. Proceeds will be used to buy food and gifts for needy Families at Christmas time. Bingo begins 7 p.m., doors open 6 p.m. Tickets cost \$10 per person for all paper cards. Cost includes food, beverage, baked goods, door prizes and raffles.

For more information or to purchase tickets, call Bonnie Perkins, 410-378-2376; Anne Gibson, 410-378-3338; or Stephanie Gibson, 410-378-2672.

SUNDAY

**SEPTEMBER 23
ANNUAL MEN'S DAY**

The men of St. James A.M.E. Church, located on 617 Green Street, Havre de Grace, will celebrate their Annual Men's Day, 11 a.m. The Rev. Pierce Keyser of Parklane Baptist Church, Baltimore, will be the guest speaker.

For more information, call 410-939-2267.

NATURETAILS

Come and explore nature through a story. Listen to a tale about an animal or a habitat. Story time may include meeting a live critter, a simple craft or acting out the story. This program is for all ages, is free and starts at 12:30 p.m. No registration is required. The topic is camouflage.

For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

BASKET BINGO

Basket Bingo to benefit the Rising Sun Community Fire Company, 300 Biggs Highway, will be held 3 p.m. Doors open at 2 p.m. Tickets cost \$10 for three paper cards. Extra sets are available. Cost includes 20 games, 50/50, three raffles and a quickie game. Food, drinks, baked goods will be available. This is a non-smoking event. For more information call 410-658-3915 or e-mail basketbingo@zoominternet.net.

WEDNESDAY

**SEPTEMBER 26
AFTERNOON TEA**

The Chesapeake Heritage Conservancy, Inc. will offer an Afternoon Tea Cruise, 2 to 3:30 p.m., on the Skipjack Martha Lewis. Tickets cost \$30 per person. Dainty sandwiches, scones and savory desserts will be served. Credit cards will be accepted. Reservations are required.

For more information or to make a reservation, call 410-939-4078.

**BOORDY VINEYARD
WINE CRUISE**

The Chesapeake Heritage Conservancy, Inc. will offer a Boordy Wine Cruise, 6:30 to 8:30 p.m., on the Skipjack Martha Lewis. Tickets cost \$30 per person (21 years of age or older). The ship will cruise around the Susquehanna. Wine from Boordy Vineyards, soda, beer, cheese and fruit tray will be served. Reservations can be made with credit card.

For more information or for reservations, call 410-939-4078.

THURSDAY

**SEPTEMBER 27
SUNSET CRUISE**

The Chesapeake Heritage Conservancy, Inc. will offer a Sunset Cruise, on the Skipjack Martha Lewis. Tickets cost \$25 for adults and \$12 for children under 10 years of age. The ship will cruise around the Susquehanna Flats and upper Chesapeake Bay. Reservations can be made with credit card.

For more information or for reservations, call 410-939-4078. Call for departure times.

For more information or for reservations, call 410-939-4078.

FRIDAY

**SEPTEMBER 28
MARGARITA NIGHT**

The Chesapeake Heritage Conservancy, Inc. will offer Margarita Night, 6:30 to 8:30 p.m., on the Skipjack Martha Lewis. Tickets cost \$35 per person (21 years of age or older). The historical oyster dredger will cruise around the Susquehanna Flats area as margaritas are served and Jimmy Buffet tunes play. Also includes light refreshments and beer. Credit cards are accepted.

For more information or for reservations, call 410-939-4078.

**SATURDAY AND
SUNDAY**

**SEPTEMBER 29
AND 30
HARVEST FESTIVAL AT
STEPPINGSTONE**

The Steppingstone Museum, located at 461 Quaker Bottom in Susquehanna State Park, Havre de Grace, will hold its annual Fall Harvest Festival and Craft Show, 11 a.m. to 5 p.m. Events include a fiddler's competition, historical craft demonstration, food, hay rides, apple bobbing and pressing, bluegrass and country music, cloggers, square dancing, scarecrow making and more. Cost of admission is \$5 for adults and children 12 years of age; free admission for museum members and children 11 years of age and under. For more information, call 410-939-2299 or 1-888-4191762 or visit the museum's Web site www.steppingstonemuseum.org.

SUNDAY

**SEPTEMBER 30
DRESS FOR BATTLE II**

Ames United Methodist Church located on 112 Baltimore Pike, Bel Air, will host guest ministers' Pastor Melvin, Co-Pastor Carol Taylor; Word of Faith Outreach Ministries Choir; the Rev. Granderson Jones Jr. and White Marsh Charge UMC Choir at 4 p.m. Donations will be accepted. All proceeds will benefit the Ames Praise Sign Ministry.

For more information, call Lynn Boyd, 410-638-7882.

THURSDAY

**OCTOBER 4
DEPUTY SECRETARY
OF DEFENSE SPEAKS**

The Baltimore Council on Foreign Affairs will present

Deputy Secretary of Defense Gordon England 6 p.m., in the Maryland Ballroom of the Renaissance Hotel, located on 201 East Pratt Street, Baltimore. England will present "A Perspective on the Current Situation in Iraq and Security Challenges to the United States." Reservations are required. Members are free, non-members pay a \$15 fee. Membership is open to the public.

For more information, to make a reservation, apply for membership or to purchase tickets, call 410-727-2150, write to the Baltimore Council on Foreign Affairs, World Trade Center, 401 E. Pratt Street, Suite 1611, Baltimore, MD 21202, or e-mail bcfaprograms@verizon.com.

**HARFORD COUNTY
JOB FAIR**

The 19th Annual Harford County Job Fair will be held 2 to 6 p.m. in the Richlin Ballroom and Ramada Inn and Conference Center located on 1700 Van Bibber Road, Edgewood. Organizations include healthcare, food service, finance and education, emergency services, communications, construction, utilities, manufacturing and distribution, APG Civilian Personnel Office and many BRAC and government contractors.

For more information, visit www.swnetwork.org for a list of participating employers.

**SATURDAY
OCTOBER 6
SUNRISE PONTOON**

Relax and take in the natural world as it awakens on the creek as the sun climbs over the horizon. This program will be held 7 to 8:30 a.m. for children weighing 30 pounds. to adult with a contribution of \$6 for adults and \$4 for ages 13 and under. Registration is required.

For information, registration or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**TRAIL TREK:
SUSQUEHANNA STATE
PARK**

Enjoy a splendid day hike with volunteer Eugene Burg along the banks of the Susquehanna for 3 to 4 miles. Bring lunch. Meet at Susquehanna State Park - location to be determined. This program will be held 9 a.m. to 1 p.m. for ages 10 to adult. The program is free but registration is required. For information, registration or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**COMMUNITY YARD
SALE**

Ames United Methodist Church, located on 112 Baltimore Pike, Bel Air, will hold a Community Yard Sale, 9 a.m. to 1 p.m. This is the perfect opportunity to receive some cash for your treasures. Proceeds will benefit the Ames United Methodist Church school.

For more information, call Robin Smith, 410-803-9668 or e-mail rawasmith@comcast.net.

**AMES UNITED
METHODIST CHURCH
HEALTH FAIR**

The Rev. Winifred J. Blagmond, Pastor, Ames United Methodist Church, located on 112 Baltimore Pike, Bel Air, will hold Healing in the Body of Christ, Health Fair 2007, 9 a.m. to 1 p.m. Events include blood pressure screening, body fat analysis, holistic medicine, children's activities and door prizes. Donations will be accepted. Proceeds will benefit the Health and Welfare Ministry. For more information, call Robin Smith, 410-803-9668 or e-mail rawasmith@comcast.net.

(Editors Note: More calendar events can be seen at www.apgnews.apg.army.mil under Community Notes.)

Chapel News

Who is Father Pat?

Father Andre Patenaude, internationally known as "Fr. Pat" and a LaSalette priest, will visit the Aberdeen Proving Ground Chapel Sept. 20 to 23.

He travels throughout New England and across the globe, spreading joy through his music and spiritual presentations. As a musician, composer, singer and recording artist, Father Pat shares God's love. Thousands have experienced the healing touch of his unique ministry. Their lives have been forever changed spiritually, emotionally and physically.

For more information, visit www.fatherpat.org.

Father Pat's schedule of events

Sept. 20, 5:30 to 8:30 p.m.: Musical program for Soldiers at "Lighthouse" Main Post. For more information, call Chaplain (Capt.) Robert Thomas, 410-278-3976.

Sept. 21, 6 to 8:30 p.m. at Main Post Chapel: Spiritual and musical program sponsored by the Catholic Women of the Chapel. Spiritual presentation followed by and integrated with music and a healing service.

Sept. 22, 9:30 a.m. to 5 p.m. at APG South Chapel: Retreat for adults – couples, singles, including Soldiers, Airmen, Marines, National Guard and others who are interested in growing spiritually. Lunch will be provided. Registration is needed for the retreat in order to plan for meals. Forms are available at APG chapels.

Sept. 22, 6 to 7 p.m. at APG South Chapel: Concert and spiritual presentation for AIT Soldiers. For more information, call Chaplain Scott Thompson, 410-436-5011.

Sept. 23, 8:45 a.m. Catholic mass; 10 to 11 a.m. – Kindergarten -8th Grade Religious Education Program; noon to 2 p.m.: Catholic Youth Group; 6:30 p.m.: Chapel Community Concert followed by an ice cream social in the fellowship hall at Main Post Chapel.

For information contact Gerri Merkel,

director of Religious Education, 410-278-2516, Connie Richardson, Catholic pastoral coordinator or Olivia Wheaton, religious education coordinator. To register, contact Gerri Merkel or the chapel for forms.

Catholic Women of the Chapel

CWOC invites all women to the first Friday of the month gatherings 10 a.m. and Monday evenings, 6:30 to 8:30 p.m.

September meeting will be Sept. 21. All meetings are held at the Main Post Chapel Fellowship Hall.

For more information, call Cathy Day, 410-937-2617, Kathleen Santana, 410-273-7358, Librada Peters, 410-864-8815 or Bernadette Kovalsick, 410-322-5206.

Protestant Children's Church

PCC is conducted every Sunday during the 10:15 Protestant Worship Service in the Fellowship Hall at Main Post Chapel. All are welcome.

Protestant Adult Bible Study

Protestant Adult Bible Study is held every Sunday, 9 to 9:50 a.m. at the Main Post Chapel.

**Gospel Children's Church/
Sunday School**

Children's Church is conducted every Sunday during the noon Gospel Worship Service at Main Post Chapel. All are welcome.

Children and adults are invited to attend Gospel Sunday School 11 a.m. to noon at the Main Post Chapel. For more information, contact Clarence Weaver, 443-567-8934.

Volunteers are always welcome and training will be provided.

For more information on Religious Education Chapel Programs, call Gerri Merkel, DRE, 410-278-2516.

Post Shorts

service-related conditions and the APG 90th Anniversary Gala Nov. 10 at Ripken Stadium, also will be discussed.

Lunch will follow in the building 4503 dining facility.

For more information, contact Janet Dettwiler, APG adjutant, 410-306-2301.

Veterinary Clinic closings

The APG Veterinary Treatment Facility will be closed Sept. 28 for end of month inventory. For more information, call the VTF, 410-278-4604/3911.

Well-Being Council meets Sept. 20

The next Well-Being Council meeting is 9:30 a.m., Sept. 20, at the main Post Chapel.

Perry Point hosts veterans benefits seminar Sept. 20

The VA Maryland Health Care System and the Chesapeake Health Education Program will co-host a special VA Health Care Enrollment, Eligibility and Veterans Benefits Seminar for community social workers, care providers and health care professionals 8:30 a.m. to noon at the Perry Point VA Medical Center in the theatre, building 314.

Representatives from VAMHCS will discuss VA health care eligibility and enrollment, outpatient care, pharmacy benefits and other health care programs available through VA. Representatives from the VA Cemetery and VA Regional Benefits Office also will be available to discuss VA benefits available to veterans and their Family members.

Attendees will learn about VA health care services, the process for referring veterans to VAMHCS and eligibility criteria for VA health care. This free event is open to all community health providers, veterans or interested persons who want to learn more about VA health care benefits. To register, call 410-642-2411, ext. 6096.

NFFE Local 178 holds monthly meetings

The National Federation of Employees NFFE-IAM, Federal District 1, IAMAW, AFL-CIO, NFFE Local 178 invites all bargaining unit members to attend monthly meetings 11:30 a.m. to 12:30 p.m., building E-4415 (RDECOM, ECBC, ECBC matrixed employees, MRICD, 22d Chemical Battalion and Acquisition Center government employees). Meetings will be held Sept. 20 and Oct. 18.

Topics include union health benefits, union member rights/benefits, legislative update and NSPS (National Security Personnel System) update.

For more information, call 410-436-3942 or e-mail local178@apg.army.mil.

Sign Language Class scheduled

American Sign Language Class will be held 11:30 a.m. to 12:30 p.m., Sept. 25 through Dec. 18, on Tuesdays, building E-2100 Conference Room.

Goals include learning the alphabet, numbers, finger spelling, everyday terminology, nouns, greetings, become aware of what is accepted in deaf culture as opposed to hearing culture and more. The class is offered for beginners and more advanced students. Students may submit DD Form 1556 if credit is desired.

Purchase of a sign language book is optional - "Talking with Your Hands, Listening with Your Eyes-A Complete Photographic Guide to American Sign Language," author, Gabriel Grayson.

Ten sessions must be completed in order to receive credit.

For more information, call Beth Ann Cameron, 410-436-7175.

Writing an effective IEP

Army Community Service will hold a free workshop - How to Write an Effective Individual Education Plan at ACS building 2754 Rodman Road conference room. The workshop will be held 5:30 to 7:30 p.m., Sept. 20. All service members, civilians, Family members and retirees are eligible to attend this workshop.

The focus includes:

- Essential elements within an IEP
- Laws and regulations surrounding special education
- Advocating a child's special education services
- Alternative solutions

Parents are encouraged to bring a copy of their child's most recent IEP to the session.

For more information or to register, call the Exceptional Family Member program manager, 410-278-2420.

Introduction to Photoshop

Army Community Service Employment Readiness Office will sponsor a free Introduction to Photoshop, 6 to 9 p.m., Monday and Wednesday, Sept. 24 and 26 and Oct. 1 and 3. Participants must attend all sessions to receive a certificate. This course will teach Photoshop with simple, detailed, step-by-step instruction. Register at the ACS Employment Readiness Office, building 2754 Rodman Road.

For more information, call Marilyn Howard, 410-278-9669.

RAB meeting Sept. 27

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., Sept. 27, at the Edgewood Senior Center on Gateway Road. The topic of the meeting will be an update on the Westwood Study Area.

Board meetings are open to the public; all APG employees and citizens are invited.

For more information, call the Information Line, 410-272-8842 or 800-APG-9998.

Harford County job fair

The Army Community Service Employment Readiness Program and the Susquehanna Workforce Network will join Harford County in presenting a job fair 2 to 6 p.m., Oct. 4, at the Richlin Ballroom, Ramada Inn and Conference Center on Van Bibber Road in Edgewood. Industry leaders in health-care, food service, finance, education, emergency services, manufacturing, and other fields, as well as the APG Civilian Personnel Office and several government contractors will be on hand.

Dress for success, bring plenty of resumes and be prepared to fill out applications.

For more information, call Marilyn Howard, ERP manager at 410-278-9669, or visit the Susquehanna Workforce Web site, <http://www.swnet-work.org>.

TSP offers subscription service

The Thrift Savings Plan now offers an e-mail subscription service for plan news and

information. To subscribe, go to www.tsp.gov under "NEW - Get e-mail updates."

CBRNIAC offers technical inquiry service

The Chemical, Biological, Radiological and Nuclear Defense Information Analysis Center, or CBRNIAC, provides a technical inquiry service. The service offers up to four hours of technical analysis service at no cost to authorized users from Department of Defense agencies, other federal government agencies, DoD and federal contractors, state and local governments and emergency response organizations. The service covers the full range of CBRN defense and related homeland security topics.

To take advantage of CBRNIAC's Inquiry Service, complete the "Submit an Inquiry" form on its Web site, <http://www.cbrniac.apgea.army.mil/info/inquiry.php>, or call James M. King, 410-676-9030.

Thrift Shop to disburse funds

The APG Thrift Shop will accept requests for donations from service organizations and military units through Oct. 31.

The request should include the name of the organization, point of contact, address, telephone number, amount requested and specific details on what the funds will be used for.

In the past, donations have been granted to area Boy Scouts, Army Community Service, the APG Fire Department and veterans' organizations.

Mail or drop off requests to APG Thrift Shop, building 2458, APG, MD 21005-5001. For more information, call the store during operating hours, which are 11 a.m. to 6 p.m., Wednesday; 10 a.m. to 2 p.m., Thursday; 10 a.m. to 1 p.m., the first Saturday of the month, 410-272-8572. Consignments are only taken 11 a.m. to 2 p.m. and 4:30 to 5:30 p.m., Wednesday and 10 a.m. to 1 p.m., Thursday.

Everyone is reminded not to use the area in front or to the back of the shop as a dumping site. The Thrift Shop only wants items that are in good as new condition.

Disability Employment Training Conference scheduled

The Federal Executive Board is sponsoring the annual Disability Employment Training Conference 8:30 a.m. to 3:30 p.m., Nov. 8. The conference is being hosted by and at the Centers for Medicare and Medicaid Services Complex, 7500 Security Boulevard, Baltimore (Woodlawn).

This one-day conference is for federal, state and local managers, supervisors, professionals, special emphasis program managers and employees, who work in the disability arena. The conference fee of \$50 includes a continental breakfast, lunch, breaks and a conference pad-folio and materials.

For additional details and registration information, visit the FEB Web site <http://www>.

baltimorefeb.us or send an e-mail to Baltimore.feb@verizon.net.

Reminder: Vehicle storage in housing areas

Personnel occupying quarters on Aberdeen Proving Ground are reminded that in accordance with APGR 190-5 and APGR 210-8 it is prohibited to store recreation vehicles, utility trailers and watercraft within the APG housing areas. Vehicles in violation are subject to impoundment at the owner's expense.

Volunteers needed for research studies on hearing

The U.S. Army Research Laboratory is seeking normal hearing volunteers between the ages of 18 to 35 years old to participate in listening studies. Listening time is up to five hours. Each listener will be paid \$20 per hour for their time. Qualified listeners can participate in one or more studies.

Interested volunteers should contact Martha Dennis, 410-278-5918, or e-mail mjdennis@arl.army.mil.

Register for the 2007 Combatant Commanders Workshop

John J. Young Jr., acting under secretary, Acquisition, Technology and Logistics and R. Paul Ryan, administrator, DoD Defense Technical Information Center will host the 2007 Combatant Commanders Workshop, Oct. 29 and 30 at the "Lighthouse," Center for Innovation, 8000 Harbor View Boulevard, Suffolk, Va.

The topic of the workshop is "Rapid Technical Support for the Warfighter." Military officers, colonels and above and civilians, GS-14 and above are eligible to attend.

There is no registration fee associated with this workshop. Workshop attendees are responsible for travel and lodging costs.

The purpose of the workshop is to improve CoCOM awareness of technology information, and align force providers technical information needs with the DTIC tools, Research and Engineering Portal, Information Analysis Centers and Scientific and Technical Information Network.

Questions, issues or suggestions can be e-mailed to the workshop coordinator at DTICCoComWorkshop@dtic.mil.

For more information or to register, visit Web site <https://www.enstg.com/Invitation> and enter code 20069924.

OSJA Client Services changes hours

In order to better serve the APG community, the Client Services Division has changed its hours to Monday through Friday, 8 a.m. to 1 p.m. For more information, call 410-278-1583.

WIC clinic meets weekly

The Army Community Service, in conjunction with the Harford County Health Department, operates a Women, Infants and Children Clinic every Tuesday,

9 a.m. to 4 p.m. in building 2754. Eligible mothers and children can receive health screenings by a registered nurse, formula and food vouchers, nutrition counseling, breast feeding instruction and more. For more information, call Diana Hayes, Parents and Children Together coordinator, 410-278-4372.

Education Center conducts in-process briefings

The APG Education Center, located in building 4305, second floor, room 213-B, will conduct a monthly in-process briefing for Soldiers within their first 30 days of assignment to APG. The briefings take place 8 to 9 a.m. on the last Monday of each month and are designed to inform Soldiers, enlisted and officers, of programs and services available to meet the requirements of their educational goals and plans. The briefing also will provide information to help establish or recertify the Soldier's long/short-term education goals.

For more information, call Tressie Stout, 410-306-2042.

(Editors Note: More Shorts can be seen at www.apgnews.apg.army.mil under Shorts.)

Purchase surplus Harford County Government property online

The Harford County Department of Procurement now offers government surplus property on PublicSurplus.com. This site allows the public to bid on general merchandise including desks, chairs, file cabinets, electronic equipment and more. The county also will offer for sale several used police package vehicles. Following payment of merchandise through PublicSurplus.com, all purchased items must be removed from the county surplus warehouse within 14 working days.

For more information, call the Department of Procurement, 8 a.m. to 5 p.m., Monday through Friday, 410-638-3550.

AAFES NEWS

Magnetic military keepsakes deliver lasting memories

AAFES

As part of a year-round effort to communicate support and appreciation for those who serve and protect, the Army & Air Force Exchange Service’s “Patriot Family Connection” campaign will unveil a limited series of magnetic trading pins, specific to activities throughout Operation Iraqi Freedom, in late September.

Currently available only at AAFES BX/PX operations in Iraq, the first series of trading pins features 30 images unique to each location a particular pin will be offered. For example, a pin featuring an F-16 resting on the tarmac as the sun rises behind it will only be available at the Taji BX/PX, while another pin showing an M-1 Abrams in action will only be found at the Ramadi exchange. The name of the camp or air force base each respective pin is offered will further differentiate each design.

“The Patriot Family Trading Pin program is an effort to bridge support between the home front and the



front lines, allowing troops to share their unique experiences with family and loved ones,” said AAFES’ Chief of Communications Lt. Col. Dean Thurmond. “Because these

pins will initially be exclusive to OIF, our Quality Assurance Team has been busy testing their strength and reliability. The result is a durable souvenir that won’t fall off a duf-

fel bag, damage clothing or fall to pieces when exposed to the hot, desert sun.”

Locations that Series One Limited Collectors “Patriot Family” magnetic trading pins will be available, along with brief description of images depicted, are as follows:

- Camp Liberty – Palace and pool
- Al Asad – Troops and helicopter silhouettes
- Balad – Barbwire fence silhouette
- Balad West – Camel with packs
- Balad TFE – Sand storm
- Camp Speicher – M1117 Armored Security Vehicles with F-16
- Speicher North - Chinook
- Mosul – Troops and helicopter
- Taji – F-16 with sunrise
- Taji MCSS – Silhouette of two service members
- Taqaddum TQ – Troops with helicopter in background
- Tallil/LSA Adder – Soldier kissing a letter from home
- Ali AB Tent City – “Dig in, hunker down”

- Camp Fallujah – “Welcome to Camp Fallujah, Iraq” sign
 - CPA (OCPA) – Crossed swords with helicopter
 - Ramadi - M-1 Abrams firing
 - Kirkuk – American flag
 - Victory South – Camel silhouette
 - Q west/ Endurance – Troops cleaning big guns
 - Striker – Tank turret
 - Rustimiyah – Silhouette of troops with flag pole
 - Falcon – Camo netting with troops in background
 - Camp Slayer – “Inquisitive camel”
 - Sykes – UH 60 silhouette
 - Baqubah – Tent City with U.S. flag
 - Sather AFB – F-16s in flight
 - CSC Scania – Apache helicopter
 - Cedar II – Troops with American flag
 - Echo – C-17
 - Kalsu - Checkpoint
- For more information, visit http://www.aafes.com/Patriot_Family/home.asp.

AAFES delivers generous retirement package to those who ‘Still Serve’

AAFES

Retirement has its benefits for former Soldiers and Airmen who shop their exchange during the Army & Air Force Exchange Service’s annual “Still Serving” weekend, Sept. 28 through 30. This year, AAFES is inviting more than 1.5 million Army and Air Force retirees to visit BXs and PXs for special savings, prizes and events.

Invitations, in the form of a 24-page mailer, are already hitting military retiree’s mailboxes. Overflowing with select offers and coupons, as well as an opportunity to win one of more than a dozen prizes, the 2007 “Still Serving” mailer is twice the size of last year’s 12-page edition.

“Retirees on the Aberdeen Proving Ground

mailing list should be receiving their booklets any day,” said Debbie Armendariz, manager, APG PX.

Inside, military retirees will find exclusive savings on gas, coffee, jewelry, electronics, footwear, eyewear, flowers, hardware, clothing and even a new set of tires. “Still Serving” savings aren’t limited to local “brick and mortar” exchanges. In fact, Exchange Online Store and catalog offers have been incorporated into nearly half of the 2007 “Still Serving” booklet.

While AAFES offers year-round savings for retirees, PXs and BXs throughout CONUS, Alaska, Hawaii, Puerto Rico and Guam as well as participating European and Pacific locations

will host special “Still Serving” celebrations for one weekend only as main stores host free refreshments, product samples, health clinics, cooking demonstrations and more.

At 36 percent, retirees represent the largest portion of the exchanges’ authorized households. “Still Serving” is an annual effort to attract and retain loyal shoppers who continue to directly impact active-duty Families’ day-to-day lives.

“Retiree patronage directly affects AAFES’ ability to fulfill it’s dual mission to provide quality goods and services at competitively low prices and generate earnings to support Morale, Welfare and Recreation programs,” said AAFES’ Chief Marketing Officer Rich-

ard Sheff. “Whether or not authorized patrons choose to shop the exchange goes beyond dollars and cents; it is a quality of life issue for the entire military community. Without retiree support, AAFES wouldn’t have been able to return an average FY [fiscal year] ‘06 per capita dividend of \$229 for every Soldier and Airman, in addition to the shared earnings paid to the Navy, Coast Guard and Marine Corps.”

Authorized exchange customers can learn more about activities planned for the weekend of Sept. 28 by calling the APG PX, 410-278-5784. Contact information can be found online at <http://www.aafes.com/> by clicking on the “store locator” link.

Commissary News

Commentary: Eating fruits, veggies helps with weight loss, glowing skin

By
MAJ. KAREN FAUBER
DeCA

Many of us want to lose or maintain weight, be healthy and have glowing skin. Eating more fruits and vegetables can help you do all that and more.

And what better time to stock up than now, during “Fruits & Veggies–More Matters” Month. Whether you choose fresh, frozen, canned or dried fruits and vegetables, you can find them all at your commissary. Just remember, dried fruits have more calories in small amounts, so you’ll want to eat smaller portions of them.

Getting that healthy glow on your face

Oranges, berries, peppers, tomatoes, melons and broc-

coli are all high in vitamin C, which is so important in helping you get that vibrant, healthy glow while building healthy tissue and skin. Carrots, broccoli, spinach and kale are high in vitamin A, another beauty nutrient that your skin and eyes just love. Try eating some of these every day for healthy skin.

Losing weight, keeping it off

To lose weight, you have to eat fewer calories than what your body uses to maintain your current weight. A daily diet that includes more fruits and vegetables, which are high in nutrients and low in calories, can help you lose weight and keep it off.

Energy density is the relationship of calories to the weight of food. Some fruits

and vegetables that are very low in energy density are tomatoes, cantaloupe, strawberries and broccoli. Research has shown that eating foods that are low in energy density helps people feel full and, as a result, they consume fewer calories. The water and fiber in fruits and vegetables contribute to feeling full longer, which can also keep you from eating more calories, leading to weight loss.

To help lose weight and have that glowing face:

- Add extra carrots, broccoli, celery or other vegetables to soups and sauces
- Add sliced tomatoes, cucumbers and lettuce while decreasing the amount of high-fat cheese or meat on sandwiches
- Choose whole fruit, which fills you up and is lower in calories than juice
- Choose fruit that is canned in fruit juice
- Eat more servings of veg-



etables as they are typically lower in calories per serving than fruits

For more information on nutrition, visit the DeCA Dietitian http://www.commissaries.com/healthy_living/dietitian/index.cfm on the DeCA Web site at <http://commissaries.com>.

Post your questions on the DeCA “Dietitian Forum” http://www.commissaries.com/healthy_living/dietitian/forum/forums.cfm and be sure to look for other useful information in The “Dietitian’s Voice” http://www.commissaries.com/healthy_living/dietitian/column/index.cfm archive.

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Why commissaries don’t double coupons

Story by
LYNDA VALENTINE
DeCA

Commissary patrons continually ask one question: “Why doesn’t the commissary ‘double’ coupons like civilian grocery stores do?”

The answer is simple: Commercial stores operate at a profit by marking up the grocery items they sell. By law, commissaries must sell items at cost – not for profit.

If a shopper redeems a manufacturer’s coupon for 25 cents and a commercial store doubles it to 50 cents, the manufacturer pays the store only the value of the

coupon, which is 25 cents. The additional 25 cents comes out of the store’s built-in profit margin.

Many local stores can double coupons, knowing that while they may lose money on a few items, they make up the difference in their overall markups. DeCA, however, has no such profit margin to make up the difference for a doubled coupon, so commissaries honor only the amount on the coupon that the manufacturer will rebate.

Many patrons confuse the commissary surcharge with profit. The 5-percent surcharge, added to a shopper’s total purchase at checkout, is mandated by Congress and

used only to build new commissaries and renovate existing ones. DeCA cannot use the surcharge fund to purchase groceries for resale or to pay the salaries of commissary employees. Neither can it be used to offset costs associated with doubling coupons.

During National Coupon Month this September, the Defense Commissary Agency wants to remind all patrons that their commissary gladly accepts manufacturers’ coupons for the products it sells.

For more information about using coupons at the commissary, or to find coupons online, log onto DeCA’s Web site <http://www.commissaries.com>.

CMA changes charter

New CSE Project Manager named

CMA

The U.S. Army Chemical Materials Agency celebrated a changing of the guard Sept. 10 as it transitioned one of its senior leaders.

Col. Robert Billington was officially welcomed as the new Project Manager for Chemical Stockpile Elimination replacing Col. Jesse Barber in a change of charter ceremony at Aberdeen Proving Ground.

Barber was the first Project Manager for CSE-formed in May 2006. Prior to that, Barber was the Project Manager for the Alternatives Technologies and Approaches Project, which was combined with the Chemical Stockpile Disposal Project, to form CSE.

“Jesse has done a stellar job at CMA,” said acting CMA director Dale Ormond. “He has been the driving force in the safe off-site disposal of hydrolysate, saving American taxpayers untold millions of dollars. I commend him for his determination and dedication.”

During his tenure at CMA, Barber

oversaw many other project milestones-reaching the 45 percent agent destruction Chemical Weapons Convention milestone, destruction of the nerve agent GB at all CSE sites, the start of operations at the Newport Chemical Agent Disposal Facility and closure of the Aberdeen Chemical Agent Disposal Facility. ABCDF was the first continental U.S. facility to completely destroy its stockpile and close.

“Without the hard work of CMA’s work force, meeting each milestone would have been a dream instead of reality,” Barber said. “I am proud that I have been a part of this mission.”

Moving from Maryland to Alabama, Barber will be Chief of Staff for the Missile Defense Agency, Ground-Based Midcourse Defense System at Redstone Arsenal.

As the incoming CSE Project Manager and a member of CMA senior management, Billington helps develop strategy and oversees daily operations at each chemical demili-

tarization site.

Those sites include facilities at Anniston Army Depot, Ala., Newport Chemical Depot, Ind., Pine Bluff Arsenal, Ark., Deseret Chemical Depot, Utah, and Umatilla Chemical Depot, Ore. Facilities at Pueblo Chemical Depot, Colo., and Blue Grass Army Depot, Ky., are under construction in a separate Department of Defense program.

Billington joins CMA with 26 years of military experience, most recently serving as the chief of the Joint U.S. Military Affairs Group-Korea. Prior to that, he was director of Defense Cooperation in Armaments at the U.S. Embassy, Seoul. He has both combat and Army program business management experience.

Accepting his new command, Billington said, “The safe elimination of chemical weapons is an important mission for the U.S. Army, the nation and the world. I am honored to be a part of the CMA team to work towards our goal of one hundred percent destruction.”

Fall Fest to celebrate 90 years of history

Story by
YVONNE JOHNSON
APG News

From apple pie baking and coloring contests to a Fire-fighter Combat Challenge for children, the annual Community Awareness Day Fall Fest to be held 10 a.m. to 3 p.m., Oct. 13, at building 2200, Fire and Emergency Services will have something for everyone.

The installation holds the fest each year at the same time as National Fire Prevention Week which is Oct. 7 to 13. This year’s theme is “Plan Your Exit.”

Activities for the fest will include arts and crafts, a bounce house, hayrides, and free hotdogs and refreshments as well as displays by Aberdeen Proving Ground organizations including Aberdeen Test Center, Morale, Welfare and Recreation, Fire and Emergency Services Division, Army Community Service, the Army Substance Abuse Program and the Directorate of Law Enforcement and Security.

In addition, Maryland State Troopers will provide an antique display in keeping with

the Fall Fest theme – Celebrating 90 Years of History.”

The Civilian Welfare Fund will host a Car/Truck/Motorcycle Show in conjunction with the Fall Fest in the Post Theater parking lot.

Check next week’s *APG News* for the coloring contest poster and for more information, event times and locations.

90th Anniversary coloring contest

Cut out and color the ‘APG Fall Fest Celebrates 90 Years of History’ poster using crayons or color pencils and turn it in at the Fall Fest registration table by 11 a.m. Oct. 13, or mail to Fire & Emergency Services, C/O Doug Farrington, Building 2200, APG MD 21005-5001. Be sure to mail entries early enough to be received by Oct. 12.

Winners will be chosen in three age groups: 3 to 5; 6 to 8; 9 to 12.

One trophy will be awarded per age group. Winners will be announced at noon, Oct. 13.

For more information call Doug Farrington, fire inspector, 410-306-0523 or Angela Keithley, Civilian Welfare Fund, 410-278-4603.



Veterans’ Voices

Army benefit programs’ outreach efforts focus on national Veterans’ Service Organizations

Story by
LT COL KEVIN V. ARATA
U.S. Army Human Resources Command

The Combat-Related Special Compensation and Traumatic Service Members’ Group Life Insurance Divisions of the U.S. Army are increasing their efforts to ensure eligible Servicemembers and veterans receive the benefits to which they are entitled.

The offices of CRSC and TSGLI are employing innovative outreach strategies to include working hand in hand with Veterans’ Service Organizations and Retiree Service Offices around the world to reach and educate those who most need the programs. This new affiliate program will extend the Army’s reach through the hundreds of VSOs and RSOs as a grassroots effort

to reach their millions of constituents worldwide.

“This program benefits both the organizations’ members and our mission for CRSC and TSGLI,” said Col. John F. Sackett, chief, CRSC and TSGLI. “They serve as an ideal way to reach our target audience and they offer information on valuable benefits for the members of these organizations.”

Based upon the success of the Official CRSC Ambassador program that engages and educates the veterans in their communities, the Affiliate program expands this idea to incorporate the veteran organizations to which these service members belong. The Ambassador program has widened CRSC’s reach throughout the nation; however, there are still thousands of service members and veterans who may be unaware of the programs.

Enter: the CRSC Affiliate program, VSOs play a crucial role in serving our nation’s veterans with valuable programs, information and support, which is why CRSC and TSGLI are working together with these groups to spread the word about their offerings.

“The Army CRSC Affiliate program has proven to be an unbelievable resource for our members,” said retired Air Force Col. Michael Hayden, deputy director of Government Relations for the Military Officers Association of America. “It has significantly opened the line of communications between the Army and MOAA staff and members.”

One of the most effective resources for communicating to service members and veterans is through their peers. VSOs and RSOs are a gateway to millions, reaching out to their members through media

and other communication resources to keep their members informed and engaged. By working with CRSC and TSGLI, these organizations and the veterans they serve will now have greater resources available to them and veterans will benefit by learning how to properly apply for CRSC and TSGLI.

“In short, this program provides us with a tool kit to help our members,” Hayden said. “They arm us with the information we need to help our nation’s most vulnerable.”

VSOs who sign on as an Affiliate will also have the added benefit of direct contact with programs’ staff for up-to-date information to pass down to their members.

Choosing to become an Affiliate for the two programs has added benefits for these organizations. VSOs and RSOs will have increased web traffic

to their sites and greater visibility on their programs, with a listing of their organization and Web site on the Official Affiliate Page of both CRSC and TSGLI. These programs will also have access to communication tools, educational briefings and claim resources through the CRSC and TSGLI staff and web sites, as well as direct access with the Affiliate point of contact at the CRSC/TSGLI office. All of these benefits, and more, are now available through the Official CRSC/TSGLI Affiliate Program.

When a VSO agrees to partner with CRSC and TSGLI they choose between two Affiliate levels, Silver and Gold, to spread education to their members. Both levels agree to reciprocal links on their Web

sites, and providing information regarding CRSC and TSGLI to their national chapters. The Gold Level of participation with the Affiliate program includes a number of other ways to promote CRSC and TSGLI, such as tips for publishing articles in the organizations’ media outlets and newsletters and providing advertising space in these mediums. All of these efforts will better reach veterans that deserve these benefits

To learn more about this program and how organizations can join, visit the Affiliates page on CRSC’s Web site www.crsc.army.mil or on TSGLI’s Web site www.tsgli.army.mil or call the toll free number 1-866-281-3254 and ask to speak with an Affiliate program representative.

Safety

From front page

focused and slow down at all intersections. In other words, drive like you’re invisible.”

Allen said speeding and the lack of PPE were contributing factors in the injuries sustained by the operators in the recent accidents.

“One is very lucky to be alive,” he said, adding that two are still hospitalized or unable to return to work.

“The reason we developed the refresher training is to remind operators that accidents can happen to anyone, no matter how experienced you are. You almost have to assume what moves [a car driver] is going to make even before [he or she] makes it.”

He added that although there is no safety training for car operators, he would like to remind all drivers to look out for motorcycles.

“I’m a motorcyclist myself and when I’m driving my car, I’ve missed seeing a motorcyclist too, so I know how easy it is,” Allen said.

“Refresher Motorcycle Safety Training,” will be presented 9 a.m. Sept. 25, building 4303 in the Hazardous Waste classroom. A minimum of 10 people is required to hold this class. A second class will be held 9 to 10:30 a.m., Sept. 27 in

APG South at the Conference Center, building E-4811, in the Seneca Seminar Room.

Recent motorcycle accidents

July 8 – Off-duty Soldier lost control and went over bike resulting in a fractured leg and multiple contusions.

July 21 – Off-duty Soldier hit median, flipped and was thrown about 20 feet after being cut off by another vehicle resulting

in fractured collar bone and knee injury.

July 21 – APG contract employee and new motorcycle operator cited for excessive speed after losing control and being thrown into water resulting in multiple contusions and back injury.

Aug. 12 – Off-duty Soldier not wearing a helmet while driving in Pennsylvania lost control while going around a curve resulting in serious head and rib injuries.

DSHE holds Refresher Motorcycle Safety Training

A new training class geared for the motorcyclist, “Refresher Motorcycle Safety Training,” will be presented 9 a.m. Sept. 25 at building 4303 in the Hazardous Waste classroom. A minimum of 10 people is required to hold this class. Additional classes will be held 9 to 10:30 a.m. Sept. 27 in APG South at the Conference Center, building E-4811, in the Seneca Seminar Room and 9 to 10:30 a.m. Oct. 11, building E-4811, Bush Seminar Room.

The course will teach Proper Motorcycle Personal Protective Equipment and Surviving Safely on a Motorcycle and includes discussion on DoD policy on PPE, motorcycle accidents, tips on how to survive on a motorcycle and discussion and conclusion.

A 35-minute video, “Surviving the Mean Streets” will be shown. The video discusses how police officers are among the top 2 percent of riders in America and how they survive 10 to 12-hour days, five days a week on motorcycles. It further discusses tips, tricks and techniques used to keep motor officers safe and how to spot a potentially hazardous situation long before it becomes an emergency situation.

Tips will also be given on riding in the rain, on gravel, and long distance touring.

For more information or if interested in attending, call Allen, 410-306-1081.



MORALE, WELFARE & RECREATION

Activities/Events

Dover 400 Nextel Cup Race

The Dover 400 NASCAR Nextel Cup Race will be held 1:30 p.m., Sept. 23, at Dover International Speedway located on 1131 N. Dupont Highway, Dover, Dela. Only a limited number of tickets are available.

Tickets cost \$86 each for reserved grandstand seats (section 199 turn 2, rows 18-24); value seats (section 199 turn 2, rows 5 through 10) cost \$57 each; and the Busch Series general admission for the Sept. 22 race costs \$39 each (children 11 and under get in free with each paying adult).

For more information or to purchase tickets, call MWR Leisure Travel Services, APG North Recreation Center, building 3326, 410-278-4011/4907 or e-mail MWR-LeisureTravel@apg.army.mil.

Sight and Sound trip

The Civilian Welfare Fund will sponsor a trip to Sight and Sound, Oct. 5 to see “In the Beginning,” with dinner at Hershey Farms. Experience the dawn of creation as Sight and Sound Theatres presents the account of the creation of the world. Tickets cost \$93 for adults; \$69 for teens, ages 13 to 18 years; and \$47 for children, ages 12 years and under. Cost includes ticket, dinner buffet at Hershey Farms and charter bus transportation. The bus will depart 4 p.m.

For more information or for reservations, call Angela Keithley, 410-278-4603/4771.

Choose Phantom of the Opera or Les Miserables

MWR Leisure Travel Services has tickets for Phantom of the Opera or Les Miserables on Broadway, 2 p.m., Oct. 13. Tickets cost \$130 each for Les Miserables or \$115 each for Phantom of the Opera. Cost includes bus transportation and admission into each play. There will be time for shopping before and after each show.

For more information or to purchase tickets, call MWR Leisure Travel Services, APG North Recreation Center, building 3326, 410-278-4011/4907 or e-mail MWR-LeisureTravel@apg.army.mil.

Scrapbooking Crop

The Civilian Welfare Fund will sponsor a Scrapbooking Crop, 9 a.m. to 5 p.m., Oct. 20, at Top of the Bay.

For any seasoned scrapbooker or those who would like to try scrapbooking, come and “Crop Till You Drop.”

Cost is \$22 per person and includes lunch, door prizes and a goodie bag. Vendors will have items for all scrapbooking needs and a massage therapist will be available for an optional massage. A stress-free day for all with plenty of pampering.

For more information or to make a reservation, call Angela Keithley, 410-278-4603.

Hairspray at the Hippodrome

Tickets are available for Hairspray, 2 p.m., Oct. 20. Tickets cost \$28.30 to \$64.30 each and are available through Sept. 23. Cost includes show ticket only, no transportation is provided. All DoD ID card holders can purchase tickets. To order tickets visit www.eventusher.com; enter the special password, 105MWRAPGMD and follow the instructions on the ordering page.

For more information, visit the MWR Leisure Travel Office located in the Aberdeen Recreation Center, building 3326, call 410-278-4011/4907 or e-mail MWR-LeisureTravel@apg.army.mil.

Do-it-yourself New York City tours

MWR has scheduled several trips to New York City – eight hours for sightseeing, shopping, watching a Broadway matinee, venturing into China Town and more.

Trips will take place Oct. 20 or Nov. 17. Cost is \$40 per person. The bus will depart 8:25 a.m. and will return 10:30 p.m. Open to all DoD card holders.

For more information or to register, call or visit MWR Leisure Travel Services, APG North Recreation Center, building 3326, 410-278-4011/4907 or e-mail MWR_LeisureTravel@apg.army.mil.

Disney High School Musical on ice

Tickets are available for Disney High School Musical: The Ice Tour, Nov. 2 through 4, at the 1st Mariner Arena, Baltimore.

For more information, call MWR Leisure Travel Services, Aberdeen Recreation Center, building 3326, 410-278-4011/4907, or e-mail mwr_registration@apg.army.mil. **Tickets available for Toby's Dinner Theatre**

Toby's Dinner Theatre has two locations: Best Western Hotel and Conference Center located on 5625 O'Donnell Street, Baltimore and 4900 Symphony Woods Road, Columbia, Md. (South Entrance Road between Route 29 and Little Patuxent Parkway). Shows are open to all DoD ID card holders.

Baltimore shows

Three upcoming shows include Grease, Nov. 19; Dreamgirls, through Nov. 11; and Holiday Hot Nostalgia opening Nov. 20.

Sunday through Thursday, tickets cost \$43 per person for adults and \$27.50 for children; Fridays, tickets cost \$44.75 per person for adults and \$29.50 for children; and Saturdays, tickets cost \$47.25 per person for adults and \$45.25 for children.

Columbia shows

Three shows include Titanic, through Nov. 11; The Sound of Music opens Nov. 15. Sunday through Thursday, tickets cost \$41 per person for adults and \$26.50 for children; Fridays, tickets cost \$42.50 per person for adults and \$28 for children; and Saturdays, tickets cost \$45 per person for adults and children.

Lyric Opera House

The Lyric Opera House will present Playhouse Disney Live, 12:30 p.m. or 3:30 p.m., Nov. 23 and 24.

Blast off to adventure with some favorite Playhouse Disney pals including the Little Einsteins Leo, Annie, Quincy and June and more.

Limited tickets are available. Tickets cost \$42 for orchestra/box seating; \$30.50 for tier level/dress circle seating first tier; and \$19 for balcony seating. Everyone regardless of age needs a ticket to enter.

For more information or to purchase tickets, call MWR Leisure Travel Services, APG North Recreation Center, building 3326, 410-278-4011/4907 or e-mail MWR-LeisureTravel@apg.army.mil.

Operation Rising Star virtually replaces Military Idol

Story and photo by
TIM HIPPS
FMWRC Public Affairs

Operation Rising Star has replaced Military Idol as the premier worldwide singing competition for servicemembers.

The name has changed but the contest remains virtually the same.

Based on the premises of FOX television's American Idol, local competitions are scheduled for 42 installations and camps across the United States – including Alaska and Hawaii – Germany, Iraq, Japan and Korea.

The competition is open to active duty, National Guard and Reserve personnel from all branches of the U.S. military.

Contest rules and registration forms to enter the Army Family and Morale, Welfare and Recreation Command-sponsored event are available on the Internet at www.OpRisingStar.com.

Installation-level competitions are scheduled throughout September and October, with the number of weeks determined by the amount of competitors.

The top three installation-level finishers will receive \$500, \$250 and \$100, respectively. Local first-place finishers also will receive \$500 in unit funds.

Audience members who participate in the local voting process will be eligible to win a portable DVD player with an iPod docking station, MP3 players and music download cards.

All installation-level winners will be deter-



Maj. Scott Willens holds son Matthew while singing Billy Joel's "Lullaby" during the first round of 2006 Military Idol competition Aug. 3, 2006 at Fort Myer, Va. Willens, Fort Myers' reigning Military Idol, is a veterinarian armed with a doctorate in pharmacology for the U.S. Army Medical Research Institute for Chemical Defense at Aberdeen Proving Ground.

mined by Halloween.

After a panel of judges selects 12 performers from among the local winners, the remainder of Operation Rising Star will be a virtual competition at www.OpRisingStar.com.

Online viewers will vote Nov. 13 through 26 for their favorites to help narrow the field to six finalists. Online voting between Nov. 27 and Dec. 3 will determine the Army-wide winner, which will be announced Dec. 7.

The Operation Rising Star champion will earn \$2,000. The runner-up will receive \$1,000 and the third-place finisher \$500.

For more information, visit www.OpRisingStar.com.

Concert

From front page

and I hope this is the first of many opportunities.”

She said that it still thrills her to think about the time she performed for injured Soldiers at Walter Reed Army Medical Center.

“I’ll always remember the appreciation in the eyes of those Soldiers,” she said. “It was the

most special night of my life.”

Shaunna Bolton is a singer/songwriter originally from Cleveland, Ohio. She is signed to EMI Music Publishing and she writes regularly in Nashville, New York and Los Angeles. Bolton has placed songs with performers such as Jo Dee Messina, the Baha Men and Aaron Carter.

Her song “Love Is,” sung by young pop sensation, Angel Faith, was Angel’s second single and has been released to

radio. Also, her “Beautiful In U” was placed in the Disney Channel’s movie of the month, “Tru Confessions.”

Bolton continues to perform as a pop/country artist and has opened for Jo Dee Messina, The Righteous Brothers, Chicago, Neil McCoy, The B-52’s, Huey Lewis and the News, John Michael Montgomery and Montgomery Gentry.

For more information, visit her fan page at www.myspace.com.

Sports

Senior Golf special

Ruggles Golf Course is offering a Senior Golf Special to golfers age 55 or older: play Monday through Thursday until 2:30 p.m. for \$33. This special may not be used with any other discounts. Tee time registration is recommended.

For more information, call 410-278-4794 or e-mail david.correll@us.army.mil.

Fall, winter leagues forming

Bowlers don’t have to be good to have fun.

All leagues are based on a handicap system. Teams establish a handicap after they bowl the first three games. Handicaps are 90 percent of 200.

Monday Nite Mixed League is limited to the first eight teams, three members per team, any combination. Bowling starts 6 p.m., Sept. 24, for \$10 per person per week for 12 weeks. Cash prizes are awarded at the end of league.

The Monday Nite Football Widows starts 6 p.m., Sept. 24, three members per team, for \$10 per person per week for 10 weeks. Cash prizes awarded at the end of league.

Tuesday Intramural meets 5 p.m., Jan. 8 and starts Jan. 15. Cost is \$6 per person per week for 10 weeks. Trophies awarded at the end of league.

Wednesday Mixed will start at a time to be determined. Teams include two men and two women.

Thursday National Guard includes three men and one woman, two men and two women, or three women and one man. The league began bowling Sept. 13.

Friday Fun Bunch includes three men and one woman, three woman and one man, or two men and two women. The cost and start time will be determined.

Sunday Trio is limited to the first 10 teams, any combination, two men and one woman, two woman and one man, three men, or three women. Bowling starts 1 p.m., Sept. 23, for \$10 per person per week for 10 weeks.

Lunch is served daily. Weekly lunch specials are advertised in the *APG News* every week.

For more information, call the APG Bowling Center, 410-278-4041.

Upcoming Civilian Welfare Fund events/trips

Oct. 5 – Trip to Sight and Sound to see “In the Beginning,” dinner at Hershey Farms

Oct. 20 - Scrapbooking Crop at Top of the Bay

Nov. 9 thru 12 – Trip to the Grand Canyon by railway

Nov. 23 thru 25 – A weekend in New York City to see Radio City Music Hall Christmas Spectacular with hotel accommodations

Nov. 24 – Trip to New York City for the Radio City Music Hall Christmas Spectacular

Dec. 1 - Ice skating, 5:45 p.m. to 7:45 p.m., at Ice World is free to APG military, civilians, contractors, retirees and their Families. A limited number of tickets are available, so reservations should be made in advance. Skate rentals are not included.

For more information or to make reservations, call Angela Keithley, Civilian Welfare Fund Office, 410-278-4603/4771.

APG Bowling Center Snack Bar specials

Building 2342

Week of Sept. 17

Special #1: American hero sub with mayonnaise, lettuce, tomato, pickles, onions, ham, bologna, cheese, potato chips, one cookie and soda for \$5.45.

Special #2: Buy one meal with a soda at regular price, get second meal 40 percent off (meal with soda only, no substitution).

Week of Sept. 24

Special #1: Breaded chicken patty sandwich served on a Bowlerburger bun with mayonnaise, lettuce, tomato, pickles, onions, potato chips, one cookie and soda for \$4.95.

Special #2: Chef salad with lettuce, tomato, onions, cucumbers, green peppers, cheese, pickles on the side, ham turkey, potato chips, one cookie and soda for \$5.75.

For more information or to place an order, call 410-278-4041. Orders must be placed before 10:30 a.m.



Army Entertainment and Aberdeen Proving Ground MWR present

ARMY CONCERT TOUR

MONTGOMERY GENTRY

with Special Guests Joe Nichols and Shaunna Bolton

Saturday, September 29

Aberdeen Proving Ground, MD

Gates open 6 p.m. Show starts 7 p.m.

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TICKET OUTLETS:

ticketmaster

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APG MWR Ticket Outlets

Check web site locations.

e-mail: MWR-LeisureTravel@apg.army.mil

For more info 410-278-4907/4621/4011

TTY 410-278-4110

No refunds, concert is rain or shine, lawn seating

For details go to www.apgmmwr.com

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Weighing in on detox diets

Story by
CHERYL HOSTETLER
Walter Reed Army Medical Center

Captain Jones felt tired, achy and overweight — no way to be before the Army Physical Fitness Test. She decided to follow a detox diet one month before the APFT to undo the damage caused by months of indulgence.

Following a three-day water fast, she then put herself on a diet where she ate only one type of fruit at each meal. She ate grapes for breakfast, melon at lunch, freshly pressed orange juice at 3 p.m. and bananas for supper. It seemed like the perfect solution

Instead of having more energy, she became light-headed, listless, and irritable.

Why wasn't this detox diet working for Jones? After all, entertainer Beyonce made headlines when she reportedly lost 20 pounds in a matter of weeks to prepare for her role in "Dreamgirls." Her meals consisted of a concoction of maple syrup mixed with water, lemon juice and cayenne pepper — also known as The Lemon Detox.

Introduced more than 30 years ago by naturopath Stanley Burroughs, many people have claimed that the diet leads to weight loss, cleanses the body of toxins, improves concentration and increases energy.

There are dozens of detox diet books on the market. A query on-line led to 231 books. Bloggers describe them with much detail. Health spas promote them. Celebrities including Angelina Jolie, Gwyneth Paltrow and Kate Blanchett use them. And a query on the Internet for "herbal detoxing" led to 33 products, some listed as "cocktails" to cleanse, detoxify and reformat.

How does it work?

Believers of detox diets say the human body is continually presented with toxins from such things as junk food, pollution, cigarette smoke, pesticides, food additives, alcohol and caffeine. They believe as these toxins build up in the body's digestive, lymph, and gastrointestinal (GI)

systems, a person feels tired, experiences headaches, has dull skin, and gains weight. They also believe a person is at increased risk for chronic diseases such as cancer.

The basic concept with detox diets centers around giving up foods thought to contain "toxins" and purging the system. Believers claim removing these toxins from the body leads to more energy, feeling good, glowing skin, and weight loss. Not bad, if it were really true.

Unfortunately, there isn't any scientific evidence to back these benefits of a detox diet.

What is a detox diet?

Although detox diets vary, they often begin with some version of a fast — that is, giving up food for two or three days and then gradually reintroducing certain foods back into the diet, often fruits and vegetables. They may also suggest a person perform colonic irrigations, a procedure similar to an enema, to "clean out" the colon. Some diets recommend taking herbal supplements to help with the "cleansing" process. Most eliminate alcohol, caffeine and processed foods, and encourage drinking more water to help curb the appetite.

Pros of detox diets?

Certainly eating more fruits and vegetables which are high in fiber and drinking more water, may help move things through the GI tract. Fruits and vegetables also contain essential vitamins, minerals, and fiber that may help protect the body from chronic diseases, thus the government's "5 A Day Program" encouraging Americans to eat five to nine servings every day (<http://www.Saday.gov>).

Less caffeine, alcohol and refined sugars may eliminate "energy crashes" often associated with these foods. And, following one of these diets might help a person realize how much "junk food" is eaten, possibly leading to long-term healthy lifestyle changes.

Cons of detox diets?

People who fast for several days may

drop pounds, but most of it will be water weight. Once the fast is over and a person begins eating again, the weight comes back on. Fasting for longer periods can also slow down a person's metabolism, making it harder to keep the weight off or to lose weight later.

Eating lots of fruits and vegetables and drinking lots of water is not a bad idea, but the body needs nutrients from other foods, including protein from lean meats, poultry, fish, or beans and calcium from low-fat or fat-free dairy products. The USDA's Food Guide Pyramid can help with choosing the foods in the right amounts. The pyramid is at <http://www.mypyramid.gov>.

People who have provided testimonials to feeling better after following a detox diet may have been eating a poor diet with lots of "junk food" to begin with. Any improvements cited from such people only suggest the effectiveness of a detox diet over an unhealthy diet, and not that it is the ideal diet for well-being.

Beyonce?

Beyonce recommends women not follow her maple syrup diet, stating "As soon as it was over, I gained the weight back." Instead she urges women to follow a more sensible weight-loss program.

Basically, Beyonce drank sugared water for days on end. Of course she lost weight as a result of limiting calories to less than 500 calories a day, but more importantly, these drinks contain no protein, fiber, vitamins, or minerals needed for good health.

The bottomline

As Jones found out, fasting and then following a severely restricted diet is not the best way to prepare for the APFT. She would have done better by consistently practicing healthy behaviors such as eating a variety of nutrient-rich foods, drinking plenty of fluids, getting adequate sleep and exercising regularly.

For more help, make an appointment with a registered dietitian at a local medical treatment facility.



“Leaves of Three, Let Them Be”. This maxim is a good rule of thumb to follow for eastern poison ivy identification and avoiding contact with the plant. Poison ivy is readily identified by the leaves, which grow in groups of three on a common stem (left). Each leaf is made up of three leaflets, often notched at the edges. Young leaves are shiny red, turning to shiny green (top, right). Small greenish flowers grow in bunches attached to the main stem (bottom, right).

Photos courtesy of CHPPM

Beware of eastern poison ivy

CHPPM

Eastern poison ivy is commonly found growing along roadside thickets, stone walls, fences, railroads, clearcuts and orchards, and thrives in both rural and urban areas throughout the eastern United States. The plants are poisonous at all times of the year and at all stages of growth.

All parts of the plant, except the pollen, contain urushiol, a toxin that causes irritation and blistering of the skin.

To cause injury, urushiol must contact the skin, either directly by touching the plant, or indirectly by touching things that have touched the plant such as clothing, tools, animals or firewood.

Although some skin-applied products are marketed that claim to protect against or reduce the severity of dermatitis, the best prevention is to learn to recognize eastern poison ivy and always avoid it.

Identifying eastern poison ivy

Eastern poison ivy (Toxicodendron radicans (L.) Kuntze) is a woody, perennial plant that often grows as a vine. The leaves are arranged in groups of three leaflets, and are usually 2" to 8" long, 1" to 5" wide, and arranged alternately along the stem. The leaflets are ovate to elliptic in outline, and the edges can be lobed, smooth or toothed.

The upper side of a leaflet is usually fairly smooth, and may be either a dull or glossy green in color. The lower surface is

light green and slightly hairy.

When leaflets first appear in the spring, they are shiny, reddish-green in color.

In the fall, leaves turn various shades of red, orange, and yellow before turning brown. Flowers are clustered and small and are yellowish in color.

The fruit is small and round and ranges in color from yellowish-green to whitish-gray. Plants are reproduced from seeds in the fruit (often eaten and dispersed by birds), and underground rhizomes (roots).

Where, how eastern poison ivy grows

Eastern poison ivy occurs in all states east of the Mississippi River, and its range extends westward to states in the southern Cascade Mountain, Great Basin, and Mojave Desert regions. Where it grows and how it looks can vary. It can be encountered in a wide variety of habitats, from moist and shady to open and dry.

Eastern poison ivy can grow as a self-supporting woody shrub, as a thin, trailing vine running along the ground, or as an aerial-rooted vine, growing on shrubs, trees, power poles, and fences.

Aerial vines can be several inches in diameter, grow as high as 30-feet, and often have a wooly or fuzzy, rope-like appearance.

Individual sensitivity can vary from extreme susceptibility to near immunity.

Many people are immune when young, but suddenly or gradually become sensitive with age, possibly due to sensitization through repeated exposure. Symptoms from exposure usually appear within 12 to 24 hours, but may appear in as little to three or four hours or be delayed for several days.



Eastern poison ivy can grow as a low ground cover (bottom, right), a small shrub up to 6 feet in height (bottom, left), or a high-climbing woody vine up to 150 feet in length (top, right). Using aerial roots, poison ivy vines climb straight up a tree without winding around the trunk (top, left).

Army program expands online services for Families of fallen Soldiers

Story by
LT COL KEVIN V. ARATA
U.S. Army Human Resources Command

As part of ongoing efforts to better assist Families of fallen Soldiers, Army Long Term Family Case Management added 11 new categories to the Support Program section on its Web site. Each category page contains brief summaries and contact information for both national and local programs related to careers, children and youth, counseling, finances, emotional support, education, healthcare, legal assistance, military and government, peer support, religion and substance abuse. The information can be found in the Support Programs section on the ALTFCM Web site, www.ALTFCM.army.mil.

"We are constantly looking for ways to serve and support our fallen Soldier's Families," said Lt. Col. Nora Linderman, chief of ALTFCM. "Our expanded Web site is an excellent resource tool that augments the personal service our support coordinators provide via our toll-free phone number."

Organizations and individuals are encouraged to submit additions for the Support Programs Web section by e-mailing program information to ALTFCM@conus.army.mil. ALTFCM is especially interested in learning more about, and publicizing, local, state and regional programs that support fallen Soldier's Families. Linderman added, "The team at Army Long Term Family Case Management is ready to assist Families through any means possible, on any issue."

Web site updates include new and expanded sections:

Support Programs—<https://www.hrc.army.mil/site/active/tagd/cmaoc/ffccc/programs.htm>

In The News - <https://www.hrc.army.mil/site/active/tagd/cmaoc/ffccc/news.htm>

Online Brochure- <https://www.hrc.army.mil/site/active/tagd/cmaoc/ffccc/organizations.htm>

Families of fallen Soldiers are encouraged to contact the ALTFCM for personal assistance or benefit concerns by calling toll-free 866-272-5841, by visiting online at www.altfcm.army.mil, or by e-mailing ALTFCM@conus.army.mil.

About Army Long Term Family Case Management

Army Long Term Family Case Management's support coordinators personally provide ongoing support to Families of fallen Soldiers the months and years following their loss.

ALTFCM is a service provided by the Army's Casualty and Mortuary Affairs Operation Center. To date, ALTFCM has served over 3,000 Family members and distributed more than \$6 million in retroactive benefits.

Medicare stops paying for hospital mistakes

www.cms.hhs.gov

Medicare has told hospitals that they will soon be responsible on their own for the expenses that incur from many common preventable mistakes they make.

As of Oct. 1, 2008, Medicare will no longer reimburse hospitals for the extra costs of treating injuries from eight preventable conditions. Medicare officials said they plan to add three more conditions to the no-pay list next year.

The eight conditions are patient falls, pressure ulcers, urinary tract infections, vascular-catheter-associated infections, mediastinitis, air emboli, removal of objects left in the body during surgery and injury caused by use of incompatible blood products.

Moreover, the rule change also prohibits hospitals from billing the patients for "any charges associated with the hospital-acquired complication."

The change in payment policy will help assure that "Medicare payments for inpatient services will be more accurate and better reflect the severity of the patient's condition," said Herb Kuhn, acting deputy administrator at the Centers for Medicare & Medicaid Services.

Starting on Oct. 1, hospitals will be required to report secondary admission diagnoses to CMS. A year later, CMS will begin checking those admission records against discharge diagnoses. When any of the eight conditions appear on discharge but not admission, CMS will refuse payment.

CMS has not said how much it expected to save once the new policy takes effect, but last year former CMS director Mark McClellan, M.D., Ph.D., said Medicare could save hundreds of millions if it stopped paying for medical mistakes.

2007 Suicide Prevention Poster Contest Rules

September is Suicide Awareness Month.

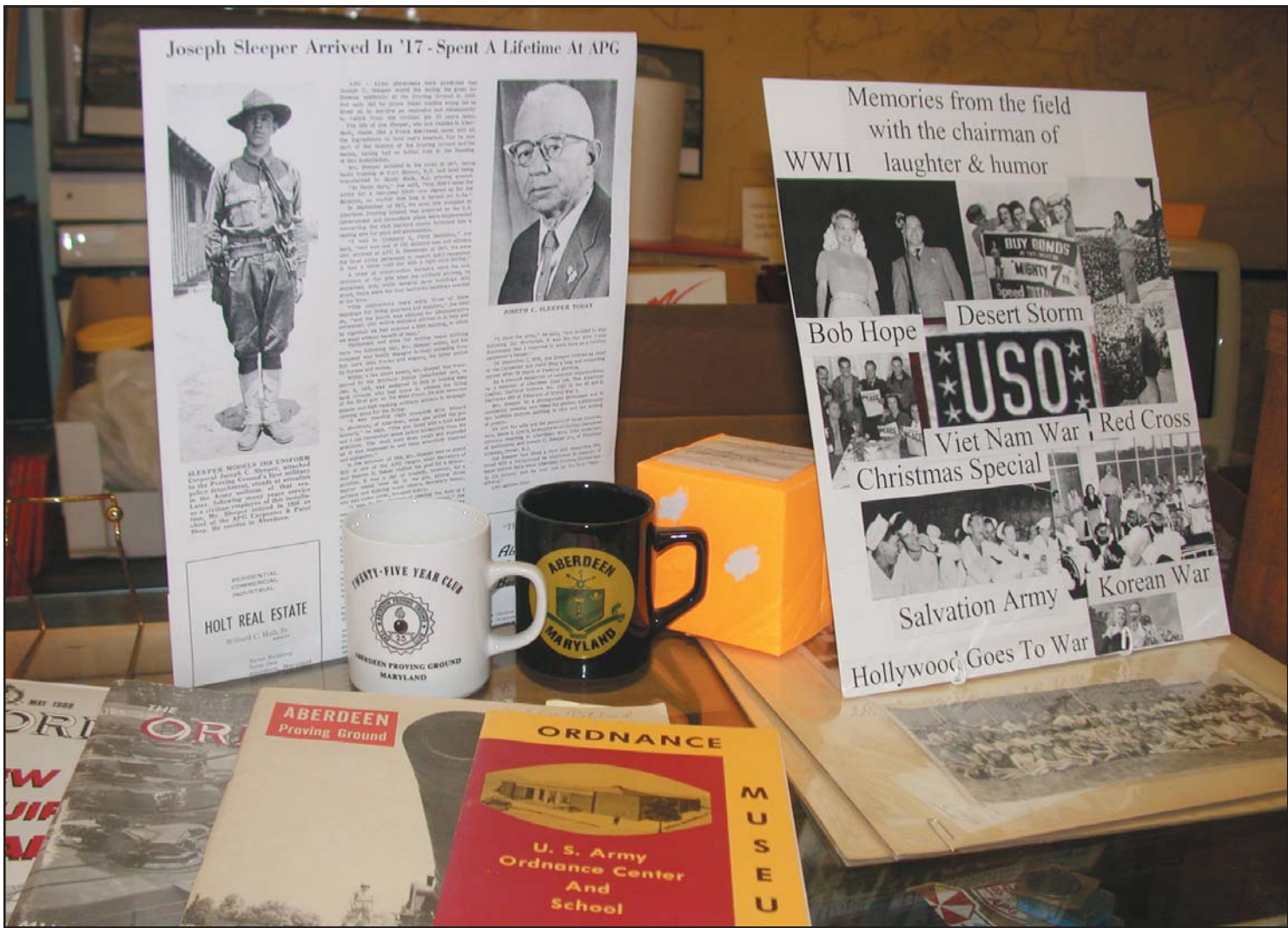
All E1-E4 Soldiers are eligible to submit one poster on Suicide Prevention by Sept. 30.

- Submissions may be individual or team (a team cannot be larger than 5 members)
- Posters must be original and may not use any copy-righted material.
- Winning poster will be distributed Army-wide and published in the Army media.
- Any medium can be used to create the poster, e.g. painting, drawing, computer software, etc.
- Posters must be submitted

by Sept. 30, 2007. Winners will be announced Dec. 3, 2007. Winners will receive the Sergeant Major of the Army's coin presented by the SMA at their unit.

Posters can be submitted electronically via the AKO Suicide Prevention web site at <https://www.us.army.mil/suite/page/334798>, or mailed to:

Lt. Col. Wayne Boyd, DHPW; USACHPPM 5158 Blackhawk Road Building E1570; APG, MD 21010-5403. For more information, visit <http://chppm-www.apgea.army.mil/dhpw/Readiness/suicide.aspx>



The Aberdeen Proving Ground display at the Aberdeen Room Archives and Museum includes mementos like APG and Ordnance magazines, coffee mugs and a U.S.O. poster with photos of efforts supporting Soldiers through four wars.



An early photograph of building 310 sits near a current symbol of the U.S. Army Materiel Command in the APG display at the Aberdeen Room Archives and Museum.

Aberdeen Room holds priceless treasures of local history

Story by
YVONNE JOHNSON
APG News

For a true appreciation of local history, there's no need to surf the Internet or page through stacks of library books. A visit to the Aberdeen Room Archives and Museum at 18 Howard Street in Aberdeen, with its priceless collection of artifacts and memorabilia of 'days gone by' will more than satisfy the curious researcher or serious historian.

Charlotte Garretson Cronin is the curator of the Aberdeen Room. Her ancestors were pioneers of the local railroad industry that aided the growth of the city's canning industry and her husband, William 'Doc' Cronin's Family owned the local newspaper, "The Harford Democrat" which became "The Record."

Charlotte Cronin established The Aberdeen Room in 1987. The museum celebrates 20 years of gathering Aberdeen history in October. With the help of volunteers who share her interest in preserving the past for posterity and countless donations of memorabilia from the public, as well as other descendants of the city's founders, Cronin has provided a one-of-a-kind reference point for a city with a storied history.

The collection focuses on several aspects of Aberdeen history-from the days of thriving farms surrounded by bountiful wetlands and wildlife to the growth of the canning industry and the railroad that brought more people and jobs to the area. There is a display of the historical buildings in Aberdeen including churches and the German House that still sits on Route 40.

The purchase of lands for Aberdeen Proving Ground in 1917 is an area that draws great interest from children whose parents were once assigned there to former Soldiers who once served there, Cronin said.

"We get a lot of people in who are researching their ancestors," she said, adding that the museum also maintains Harford County World War I records.

The APG display includes an 11-foot map of the former Edgewood Arsenal and main post lands, detailing the previous owners of the properties before they became federal lands. It includes memorabilia like Civil Defense helmets, photographs and a collection of APG News issues dating back to when it was 'The Groundhog' and 'The Flaming Bomb.'

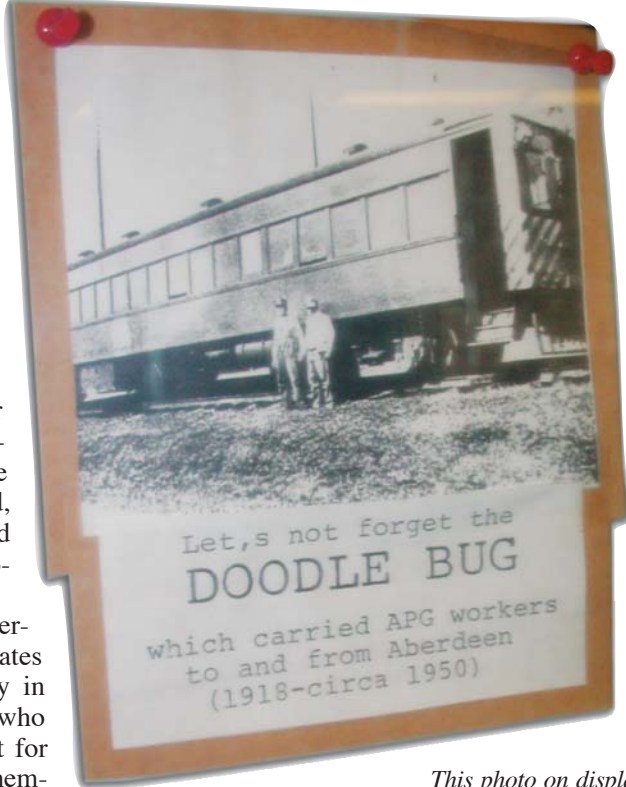
An accomplished artist as well, Cronin enhances a visit to the museum with displays of her drawings of historical buildings.

Her first published book, 'Sketches of Villages to Town to City: Recalling Aberdeen Maryland,' which came out in October 2006, is a collection of her drawings of buildings in Aberdeen and on APG done over the years. Included is the Charles Winfield Baker farmhouse that became Quarters 1; the Officers Club that became Top of the Bay, the Malcolm W. Mitchell house that sits on Ruggles Golf Course on APG and the old Ballistics Research Laboratory, building 328, where Cronin worked during the installation of the ENIAC computer.

"I lived just one block away from the University of Pennsylvania where the ENIAC was built, then when I moved here to Aberdeen when it was brought here," Cronin said. "I always seem to be in the shadow of that first computer."

She credits her many donors and volunteers with making the museum, which is a non-profit organization, such a success.

"We've come a long way," Cronin said, noting that the collection began in the basement of the Aberdeen Elementary School before moving to the district court, then to its present location in 1999 when the building was slated to be torn down. A witness box from the old dis-



This photo on display in the Aberdeen Room is of a train referred to as the Doodle Bug that took APG workers to and from work between 1918 and 1950.

trict court is also on display and in it usually sits Charles W. Baker, the grandson of the original owner of Quarters 1.

Cronin said that Baker has been donating his time and expertise to the museum since its beginning.

"This keeps me going," Baker said. "A great deal of it brings back memories, and we think it helps maintain an interest in history."

Lynne Livezey, the secretary who maintains the museum's database, agreed.

"I've always been interested in history, plus my love of Aberdeen keeps me here," Livezey said.

Livezey is a descendent of Dr. Thomas Payne Thompson, an Aberdeen physician during the Depression.

Volunteers put in several hours a week at the Aberdeen Room documenting and cataloging donations. They include a recent recipient of a scholarship the museum was able to establish thanks to sales from Cronin's book.

Cara Manley is a building conservation major from Bel Air working on her master's with Rensselaer Polytechnic Institute in upstate New York. She puts in two days-a-week interning at the museum.

"You absolutely learn something new every day," Manley said. "People who walk in always have a story to tell. I'm learning quite a bit here."

Fred Baldwin Jr. and his wife Joan, frequent donors to the museum, agreed. Fred is a descendent of the owners of the Colonel Baldwin House, which was designated as a Historical Structure in 1983 and still sits on East Bel Air Avenue.

A retired APG civilian who worked as an estimator for the Engineering Research Management Division, Baldwin said he frequently runs across items to donate to the museum.

"My sister took a lot of stuff after my parents died and now she's moving to Ocean City and a whole bunch of stuff is coming out of the woodwork," he said.

The Cronins present a weekly historical column every Friday in 'The Record.' Their five-part series on APG history is running through Oct. 5.

The Cronins invite anyone interested in Aberdeen or APG history to visit their museum. The Aberdeen Room is open Tuesday and Thursday, 10 a.m. to 1 p.m. and the first Saturday, noon to 3 p.m. Admission is free. For more information, call 410-273-6325 or visit www.aberdeenroom.com.



Cara Manley, a building conservation major and a recipient of the Aberdeen Room's first scholarship puts in two days a week cataloging books for the museum's library.



A Civil Defense helmet and organization coffee mugs are just some of the Aberdeen Proving Ground memorabilia donated to the Aberdeen Room over the years.



The APG display includes Ordnance Center and Schools memorabilia as well as thousands of photographs like these showing a gathering of employees with more than 30 years of federal service taken in 1949.